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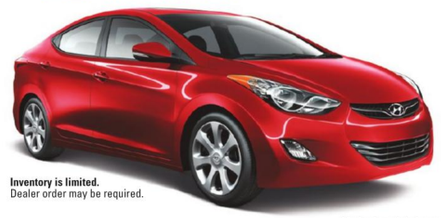

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AFTER THE RAIN COMES PLUNDER

LOOTERS GIVE RISE TO MORE FEAR AND VIOLENCE IN AN ALREADY DEVASTATED FILIPINO COMMUNITY PAGE 10

Where Wu-Tang Clan meets lecture plan

MC GZA/Genius, a keen student of history and philosophy, will be speaking at U of T PAGE 29

No grief relief for Shannon

While everyone else is sent home, she's sent to man the front desk PAGE 25

Wild for the night in Minnesota

In their third straight shootout, the Wild claimed 2-1 victory over the Leafs Wednesday night PAGE 56

NEWS WORTH SHARING.

Mayor Rob Ford confronts Coun. Denzil Minnan-Wong at city council in Toronto on Wednesday. Ford has been asked by the overwhelming majority of city councillors to take a leave of absence — the vote was 34-5. More Ford coverage on pages 3, 4, and 21. NATHAN DENETTE/THE CANADIAN PRESS

Ford employees spilled to police

Drugs, booze, abuse. Mayor's staff gave sordid details of his behaviour on the job

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Mayor Rob Ford hasn't co-operated with the police, but some of his former staff members have, making allegations about Ford using drugs, abusing employees and driving drunk.

Police interviews with Ford's former staffers are detailed in documents submitted to the court to obtain a search warrant related to the investigation into Ford, his associates and the crack video.

Chris Fickel, the mayor's special assistant, who also volunteered with the Don Bosco football team, gave a damning interview. He's described as having a "love/hate" relationship with Ford.

Fickel told police he'd seen Ford intoxicated numerous times at football practices and events, and drunk at the office 15 to 20 times, "on a weekday, usually after 11 a.m." When the mayor was intoxicated he would get angry and yell at Fickel, the document notes. Fickel resigned June 25.

Fickel told police that in the fall of 2012, after football practice, Ford was driving his Escalade and pulled over, got a full mickey of vodka from the passenger seat and downed it in a couple of minutes, chasing it with Gatorade.

Fickel got out and took a bus as Ford drove off, the document says.

Fickel also said he heard that Ford assaulted former assistant Isaac Shirokoff at a strip club when he was doing cocaine, but Shirokoff denied this when Fickel asked him about it.

Ex-press secretary George Christopoulos, interviewed in June after he quit, told police Doug and Rob Ford aren't as close as they seem. He said David Price was hired for twice what everyone else was making ($130,000 a year, police say) and "everyone was aware that Price had a past of drug dealing."

Christopoulos told police former chief of staff Mark Towhey was making decisions and was "considered to be the mayor" on city business.

Christopoulos also said he suspected Ford had somehow obtained the crack video.

Towhey added he believes Ford is an alcoholic and staff members were routinely asked to buy alcohol for Ford. They did not want him buying it himself because "as soon as the mayor walks into a liquor store it is on Twitter."

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Police documents reveal mayor insulted women

Witness interviews.
Ford also alleged to have partied on St. Patrick's Day 2012 with a prostitute

JESSICA SMITH CROSS
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Court documents released Wednesday contain allegations about Mayor Rob Ford that paint a disturbing picture of his interactions with women, including an incident where he told a female security guard at city hall he was "going to eat her box."

Police interviews with witnesses, including Ford's former staffers, are detailed in the documents submitted to the court to obtain a search warrant related to the investigation into the mayor, his associates and the crack video.

None of the allegations have been proven in court.

The document includes several descriptions of Ford on St. Patrick's Day 2012.

Isaac Ransom, Ford's former communications assistant, told police "there have been rumours that Mayor Ford has used escorts or prostitutes," and that he believed one of the women partying with the mayor that night might have been a prostitute. He alleged the mayor, drinking heavily, was talking to his staff about "getting hammered, going out then getting laid."

However, police found that the woman Ransom identified has no record. Online, she is listed as a model and a former Miss Toronto Tourism winner.

Ford's former press secretary, George Christopoulos, told police that women would come to the office and inform staffers that they'd smoked a joint with the mayor outside of a bar and the mayor had told them they could have a job. Christopoulos would have to interview them and talk them out of it.

The document says Ransom also told police the mayor made inappropriate comments that night to his former policy adviser, Olivia Gondek, who now works for Toronto Hydro.

In a statement to a Torstar News Service reporter, Gondek denied that Ford made statements of that nature to her.

Ransom said Ford's staff contacted her because they thought that the mayor would listen to her, but he became "inappropriate" and claimed to have slept with her, the document says. Ransom alleged Ford told her, "I'm going to eat you out" and "I banged your p—y." Gondek was "somewhat upset by it but at the same time didn't seem too phased by the comments."

Later that night, at about 4 a.m., when Ford was being walked out of city hall after an alleged physical altercation with a staff member, he told a female guard that he "was going to eat her box," Ransom said.

Ransom also told police that in February 2012, Ford rode the subway around late at night after losing a transit vote and then "tried to hit on a woman" he met, asking her out for dinner, "which was unusual behaviour for him."

Gondek declined to be interviewed by police. They noted: "She was initially worried because she currently works for Toronto Hydro and felt like she would be putting her job in jeopardy by speaking about the mayor."

Police interviewed Ford's former chief of staff, Mark Towhey, about Sarah Thompson's allegations that Ford groped her last March at an event hosted by the Canadian Jewish Public Affairs Committee. Towhey said he'd urged Ford not to attend because he seemed impaired, "hyperactive and slurring his words." However, Towhey told police he does not believe Thompson's allegation.

Mayor Rob Ford reacts to his accidental apology to Coun. Denzil Minnan-Wong after a physical confrontation during council at city hall on Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Correction

On page 8 of the Tuesday, Nov. 12 edition of Metro, the wrong name was used in a photo with the Jeffery Baldwin inquest story. Pictured is Jeffery's maternal grandmother Susan Dimitriadis, not Elva Bottineau. Metro regrets the error.

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‘Liar, liar, must be fired’

Protest. SaveToronto rally leaves its mark in talk and chalk at Nathan Phillips Square

Real value

“He said he saves the taxpayers all this money and that’s what he wants to do, but I think he’s costing the city a lot.”

Protester Brooke Johnson

As council debates Denzil Minnan-Wong’s motion on Mayor Rob Ford, hundreds gather in Nathan Phillips Square to call for the Ford to resign on Wednesday. STEVE RUSSELL/TORSTAR NEWS SERVICE

A little more than a week after Rob Ford confessed to smoking crack cocaine and then refused to step down as mayor, hundreds of protesters stood outside city hall, howling for his resignation.

“You are fired! You are fired! You are fired!” they shouted over and over again, while rattling security fences out front.

It’s an intervention of sorts, they said, at the very moment Ford was in council acknowledging, in response to a direct question, that he had purchased illegal drugs in the past two years.

For more than an hour, protesters critiqued and mocked Toronto’s top official while decorating the ground and walls with colourful chalk messages urging Ford to leave.

“Resign,” read one.

“Liar, liar, must be fired,” read another.

It’s hard, said Brooke Johnson, to write the messages.

“It’s really hard to be succinct because there are so many things that are wrong about this situation,” she said. “Separating the personal from the public is really difficult.”

The protest, organized by SaveToronto.ca — a self-described non-partisan group united by the belief that Ford needs to resign — is their second in a week.

People were so enraged by Ford’s announcement and decision not to resign, said spokesperson Nikki Thomas, that they couldn’t just “sit and stew” for a week.

“Ford is only one man, and city council has 44 other members who need to hear what we’re doing out here and hear just how angry we are,” she said.

And as hundreds signed a petition demanding Ford’s resignation, it was clear they don’t intend to forgive or forget what they called the mayor’s indiscretions.

Although Thomas said some councillors had expressed interest in addressing the crowd on a break from council, SaveToronto.ca said no.

“We did not want to be seen as giving a stage to any potential competitors or mayoral candidates,” she said. “We were here simply to protest Rob Ford.”

And they have no intention of stopping.

As the protest fizzled out, one man lingered in front of the security fences and yelled into a megaphone that they’d be back.

“We have to see how council responds,” Thomas said. “If they don’t give us the time of day, then we’re going to be right back here.”

TORSTAR NEWS SERVICE

Coun. Doug Ford defends his brother on CNN

Coun. Doug Ford told CNN he was surprised to hear his brother’s crack confession. STEVE RUSSELL/TORSTAR NEWS SERVICE

Coun. Doug Ford took to the airwaves to defend his brother in an interview with CNN Wednesday afternoon.

Some highlights:

CNN: There’s the video the police have of your brother ... smoking crack.

Ford: Yes.

CNN: He has now admitted to being in a drunken stupor, a fair amount, I guess.... How embarrassing is this for your city, sir, which you so clearly love?

Ford: Yeah, well, we do love it. It’s embarrassing, there’s no doubt about it. But in saying that, are businesses going to stop coming to the city? No, they’re coming in droves because we have the lowest residential tax rate in North America for a city our size, and we watch every single bit of taxpayers’ money. We’ve stopped the backroom deals, we’ve held the unions accountable. We’ve done a tremendous amount of positive work in this city.

CNN: Were you surprised when your brother admitted to buying illegal drugs?

Ford: Yes, I was surprised.

CNN: So you had never known that that had happened before, even though, allegedly ... the way that this all started was that his driver was the one that was under investigation for narcotics.

Ford: It wasn’t his driver.... Rob never had a driver.... Answering your question, it’s tough on the family, it’s definitely tough on the family right now. We’ve been getting death threats. My daughters ... they were threatened to be sodomized and raped, and it’s just gone overboard right now.

TORSTAR NEWS SERVICE

Public opinion

Three-quarters of Toronto residents believe Rob Ford should either resign or step aside to seek treatment, a new poll from Ipsos Reid suggests.

- Just 24 per cent believe Ford should remain in office.
- The poll was conducted between Nov. 8 and 12.

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Liberal candidate Freeland oversaw T.O. media job losses

Nov. 25 byelection. Toronto-Centre hopeful has championed city's middle-class population

A high-profile federal Liberal candidate campaigning in Toronto on a platform of restoring the middle class oversaw the decision to move two dozen full-time media jobs from this city to India.

Chrystia Freeland was the head of Reuters Digital in New York when Thompson Reuters moved its Toronto digital newsroom to New York and shipped the bulk of its work to the Bangalore operation.

The December 2011 move put about 25 Toronto staff under Freeland's supervision out of work, including 17 permanent and five temporary unionized employees. Thomson Reuters won't say how many employees remain — only that the company has "a fully staffed and functioning newsroom in Toronto."

"Ever since I've been an editor at different news organizations, legacy newsrooms have been shrinking, and that was something that happened as well when I was at Reuters," Freeland said in an interview.

"That shrinkage started before I got there and has continued. We know that is something that's happening to the news business."

Now Freeland is a star Liberal candidate campaigning for a seat in the House of Commons in Toronto Centre, one of four federal byelections to be decided by voters on Nov. 25.

And a big part of her campaign pitch is the restoration of Canada's economic middle class.

She's facing off for Bob Rae's vacated seat against another powerhouse journalist who champions the middle class, NDP candidate Linda McQuaig.

"Liberals know that if we don't address this growing anxiety today, Canadians will stop supporting a growth agenda — a threat to a core Canadian ideal that prosperity is a realistic goal for all Canadians," states Freeland's campaign website, under the heading "The Liberal Middle Class Priority."

"The time for investing in a thriving middle class is now — make your voice heard in Ottawa."

Chrystia Freeland, Liberal candidate in the Toronto Centre byelection, campaigns on Church Street, helped by party leader Justin Trudeau. Here Trudeau poses for a photo with four-year-old Xavier Robinson. KEITH BEATY/TORSTAR NEWS SERVICE

The seeming disconnect between Freeland's recent corporate role and her campaign message has a number of her former employees seething.

Multiple sources from the defunct Toronto digital operation spoke to The Canadian Press, but few wanted to comment on the record for fear that criticizing the well-connected Freeland could hurt their employment prospects in a shrinking industry.

A common refrain from former Reuters employees is a sense that Freeland didn't go to bat for them when their jobs were on the line.

Aviva West spent three years as a full-time contract editor who worked every weekend at the Toronto operation.

"We had zero contact with (Freeland)," said West.

"She was in charge of consumer news, and that's what we were doing in Toronto, programming 24 hours a day, 365 days a year, Reuters.com. We never ever saw her."

A senior source with knowledge of the decision-making process put it this way: "It was a corporate decision that she executed." THE CANADIAN PRESS

Good defence?

"That shrinkage started before I got there and has continued. We know that is something that's happening to the news business."

Liberal candidate Chrystia Freeland

The ETF unit leaves after police respond to a report of a man with a gun on Wednesday. RICK MADONIK/TORSTAR NEWS SERVICE

Man dead after armed standoff with cops

A man barricaded himself in a downtown alleyway Wednesday, pointed his gun at officers and within an hour he was dead.

At 12:29 p.m. officers spotted a wanted man whom they believed was carrying a gun, said Const. Sarah Diamond. They ran after him, which led them to an alley off Sherbourne Street near Carlton Street.

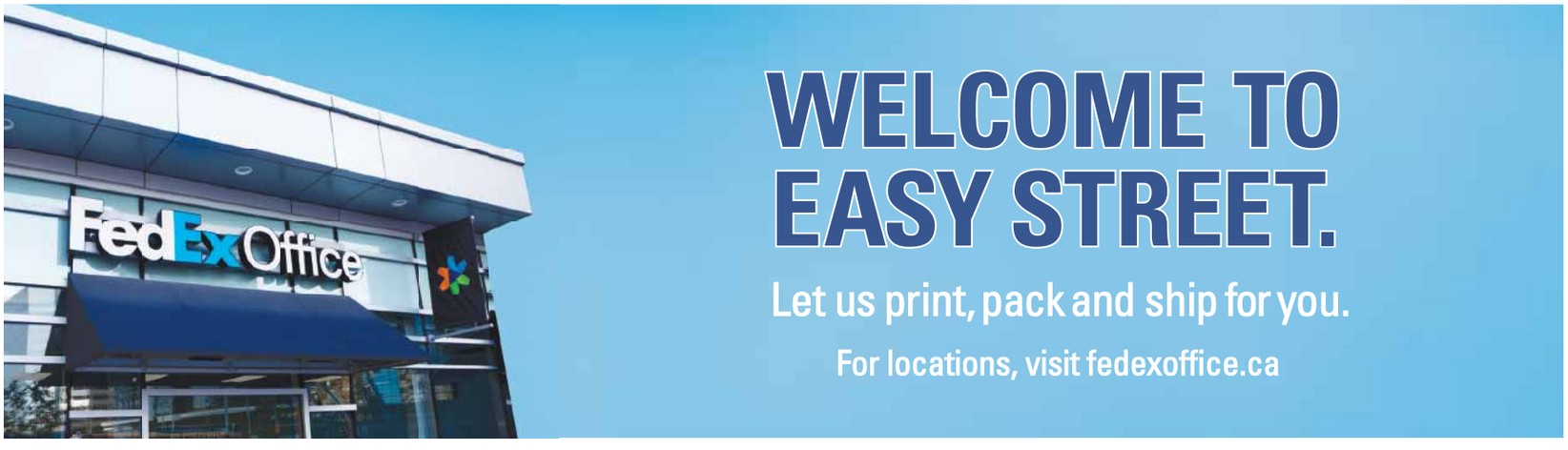
A standoff ensued as a tactical squad mobilized while police closed a stretch of Sherbourne Street. They were stationed on both sides of the alley, with an armed vehicle blocking the entrance off Bleecker Street to the east.

At 1:45 p.m., tactical officers were walking a man out of the alley when two loud booms erupted. It seemed to catch them off guard as they immediately threw the man to the ground and protected him.

A few minutes later, police came rushing out of the alley to put a man, dressed in dark clothes, into an ambulance. But paramedics didn't move the truck.

Shortly thereafter, the man was pronounced dead, according to EMS spokesperson Kim McKinnon. It wasn't clear if police shot the man, or if he shot himself during the standoff.

The province's Special Investigations Unit would only offer a vague update that didn't clarify how the man was shot. TORSTAR NEWS SERVICE



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Metro's Matt Elliott, who participated in an Ask Me Anything (AMA) forum on Reddit. CONTRIBUTED

Savings, taxes, tacos: Reddit users ask Matt Elliott anything

Tell us what you really think. Rob Ford talk takes centre stage in Metro columnist's AMA

LUKE SIMCOE
Metro Online

On Wednesday, Metro's resident Rob Ford expert, Matt Elliott, took to Reddit to answer questions about Toronto's infamous mayor and the city's future.

Here are a few high points:

fergus30: To your knowledge, has Ford saved the city any money at all?

graphicmattelliott: Well, sure. There are efficiencies worked into the city's balancing strategies every year. But here's the thing: This isn't a new phenomenon with Rob Ford. Nor are his achieved savings anywhere near what he proposed with his campaign docs, which I think called for $3 billion in savings over four years.

A good example of a real efficiency savings achieved by the Ford administration: They switched it so some social-services money is now given to program participants via a card (like a debit card) instead of dealing with cheques. That's the kind of logical solution I'd like to see more of, instead of just rants about unions and taxes and whatever.

goleafsgo13: Where do you think the city will stand, fiscally speaking, in the next five years.… With the reduction in revenue under current council, will there be an impact?

graphicmattelliott: There's some risk, primarily related to property tax increases that are below the rate of inflation or growth. It'll get worse if land transfer tax revenue declines because the real-estate market falls. That's the worst-case scenario.

Really, though, the cold reality is that Toronto's property tax mill rate is lowest in the GTA. There's room to increase it pretty significantly without economic ruin, even if doing so would suck for a lot of people. It just sucks that it'll likely be the next mayor — not Ford — who takes the blame for fiscal irresponsibility, should it come to that.

so_reddit: Where's your favourite place to get tacos in the city?

graphicmattelliott: I am not a taco fan, I am sorry to say. Little-known fact about me is that I kind of eat like I'm still a six-year-old. Like, hey, chicken fingers.

rpophessagr_: Who do you think will play Rob Ford and Doug Ford in the inevitable movie?

graphicmattelliott: Philip Seymour Hoffman as the mayor. The Rob Ford Bobblehead as Doug Ford.

comments_more_load: Is the increased amount of civic engagement under Ford a net positive, or a net negative in the long term? It seems to me that more people are engaged, but few seem to be informed.

graphicmattelliott: Civic engagement is always good. My concern isn't so much that those engaged aren't informed but more that they won't stick around post-Ford. I'd hate for this city to get complacent under a less colourful mayor.

Silver-screen doppelgängers

"Philip Seymour Hoffman as the mayor. The Rob Ford Bobblehead as Doug Ford."

Matt Elliott, in response to a question about who he thinks will play the Ford brothers in a movie

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Looting, gunfire spark chaos alert in typhoon-hit areas

Aid too slow for 600,000 displaced.

Homes and businesses targeted for food

Mobs overran a rice warehouse on the island worst hit by the Philippine typhoon, setting off a wall collapse that killed eight people and carting off thousands of sacks of the grain, while security forces Wednesday exchanged gunfire with an armed gang.

The incidents in or close to the storm-ravaged city hosting international relief efforts add to concerns about the slow pace of aid distribution and that parts of the disaster zone are descending into chaos.

Five long days after Typhoon Haiyan wasted the eastern seaboard of the Philippines, the cogs of what promises to be a massive international aid effort are beginning to turn, but not quickly enough for the some 600,000 people displaced, many of them homeless, hungry and thirsty.

"There's a bit of a logjam … getting stuff in here," said UN staffer Sebastian Rhodes Stampa against the roar of a C-130 transport plane landing behind him at the airstrip in Tacloban, one of the hardest-hit cities. "The reason for that essentially is that there are no trucks, the roads are all closed," he said.

Planes, ships and trucks were headed to the region, loaded with generators, water purifying kits and emergency lights. Airports were reopening and the U.S. military said it was installing equipment to allow the damaged Tacloban airport to operate 24-7.

THE ASSOCIATED PRESS

Children, who say they fled when armed men were seen in their village, wait in Tacloban city, Leyte province in central Philippines Wednesday. Aid has been slow to reach the worst hit areas. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Rapid relief experts

Canada's A-team on its way

Prime Minister Stephen Harper says the Canadian military's Disaster Assistance Response Team, or DART, is bound for the Philippine city of Iloilo.

Philippine authorities say Iloilo, one of two major cities on the island of Panay, was in the direct path of typhoon Haiyan and suffered 162 deaths and the destruction of 68,543 houses as a result.

More than 530,000 people have been affected in the Iloilo region by the typhoon. THE CANADIAN PRESS

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Dennis Oland. Family stands by son accused of killing businessman dad

Members of a leading business family in Atlantic Canada that made its name in the brewing industry rallied Wednesday behind one of their own, publicly declaring they believe Dennis Oland innocent of murdering his father.

Oland, 45, made his first court appearance facing a charge of second-degree murder. His mother, wife, two sisters, a cousin and his uncle were in the courtroom in Saint John to show their support.

"We are devastated that this nightmare for Dennis and for all of us is going to continue," said a statement issued by his mother, wife and sisters. "We know that he will be found innocent in an objective and fair process in a court of law.

"We wish that the police would turn their attention to finding out who is really responsible for Dick's death."

Richard Oland, 69, was a well-known businessman and a member of the Order of Canada who was found dead in his office in Saint John in 2011. THE CANADIAN PRESS

Guy Turcotte

New trial ordered in controversial child-murder case

Quebec's top court has ordered a new trial in the case of Guy Turcotte, whose non-conviction after stabbing his children to death helped inspire changes in the justice system.

Turcotte stabbed his children as his marriage was falling apart in 2009, but was found not criminally responsible at his trial.

The controversial case made Turcotte a household name in Quebec and the verdict provoked a torrent of outrage. THE CANADIAN PRESS

Convicted grandmother to take part in inquest

Jeffrey Baldwin. Coroner says Elva Bottineau, who starved her grandson to death, is 'intimately and intricately' linked to case

Jeffrey Baldwin CONTRIBUTED

A woman convicted of starving her grandson to death is "intimately and intricately" linked to the Toronto boy's case, a coroner said Wednesday in allowing her to participate at the inquest into his death.

Elva Bottineau was granted standing at the coroner's inquest probing the death of five-year-old Jeffrey Baldwin, who died 11 years ago in her care.

In his decision, coroner Peter Clark said standing must be given to anyone with a "direct and substantial interest" in a particular inquest.

"While the concept of Ms. Bottineau's participation at this juncture may be painful, I am bound to consider each application on its own merits, in a dispassionate and objective manner and with due consideration for the principles of fairness and natural justice," he wrote in the ruling.

But the request was strongly opposed by lawyers representing the boy's surviving siblings and the office of Ontario's advocate for children and youth, who said allowing her to take part in the proceedings would grant her a soapbox to defend her actions and revisit her conviction. THE CANADIAN PRESS

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French mag's cover sparks racism probe

French Housing Minister Cecile Duflot, left, and Justice Minister Christiane Taubira leave the Elysee Palace in Paris on Wednesday. The French government has opened a racism investigation after a far-right magazine cover compared Taubira to a monkey. CHRISTOPHE ENA/THE ASSOCIATES PRESS

Black minister.
Publication refers to Christiane Taubira as 'crafty as a monkey'

The French government has opened a racism investigation after a far-right magazine compared the country's black justice minister to a monkey on its cover.

In a statement Wednesday, Prime Minister Jean-Marc Ayrault said he had brought Minute magazine to the attention of the Paris prosecutor, citing French law that forbids racist abuse.

The magazine's cover of Justice Minister Christiane Taubira says "Crafty as a monkey, Taubira gets her banana back."

Helene Valette, a spokeswoman for the magazine, said the cover was satire and accused the government of trying to distract the French from the country's real problems.

"Banana" can also mean smile in French slang.

"It's a front page with a play on words. There's nothing mean about it," Valette said.

THE ASSOCIATED PRESS

Locked in a gym bag, in a bathtub ... accidentally?

More than three years after the naked, decomposing body of British spy Gareth Williams was discovered stuffed inside a locked gym bag at the bottom of his bathtub, the mystery over his bizarre death lingers.

London's Metropolitan Police said Wednesday that their investigation had found that Williams likely died in an accident with no one else involved. But the tentative conclusion, which the police hedged by acknowledging many gaps haven't been filled in, is unlikely to calm conspiracy theories surrounding the case.

Gareth Williams THE ASSOCIATED PRESS

Metropolitan Police Deputy Assistant Commissioner Martin Hewitt said Williams, whose remains were discovered in August 2010, was "most probably" killed in an accident, a verdict that conflicts with a coroner's inquest that concluded last year that Williams was probably killed by another person in a "criminally meditated act."

Some have raised the possibility that Williams locked himself in the bag as part of a sex act gone wrong — a Houdini-like art of wriggling out of restraints. Investigators found that he had visited bondage and sadomasochism websites, including some related to claustrophilia — a desire for confinement in enclosed spaces.

However, police couldn't find Williams' DNA on the lock, palm prints on the rim of the bath, or footprints in the bathroom itself. The coroner, Fiona Wilcox, noted that if Williams had been "carrying out some kind of peculiar experiment, he wouldn't care if he left any foot or fingerprints."

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Ousted Morsi says no stability until coup is reversed

Hardline statement. Egypt's ex-president praises supporters for their 'steadfastness,' telling them the 'coup has begun to fall apart'

Supporters of Egypt's ousted president Mohammed Morsi.
AMR NABIL/THE ASSOCIATED PRESS

Egypt's ousted president Mohammed Morsi accused the military chief who deposed him of treason in a message from prison read by lawyers on Wednesday, saying the country cannot return to stability until the coup is reversed and those behind it are tried.

The statement was part of a bid by Morsi to rally his supporters since his emergence from the secret military detention where he had been held, with virtually no contact with the outside world since his July 3 ouster.

Under a fierce crackdown by security forces, protests by Morsi's supporters have dwindled and have been reduced to small gatherings in universities or localized neighbourhood rallies. Security officials, however, worry the protests could flare stronger with the lifting of a three-month-old state of emergency and curfew, which the government confirmed in a statement will happen Thursday.

Morsi said Defence Minister Gen. Abdel-Fattah el-Sissi, who heads the military, had violated his oath of loyalty and committed "treason against God" and "treason against the whole nation by driving a wedge among the people of Egypt."

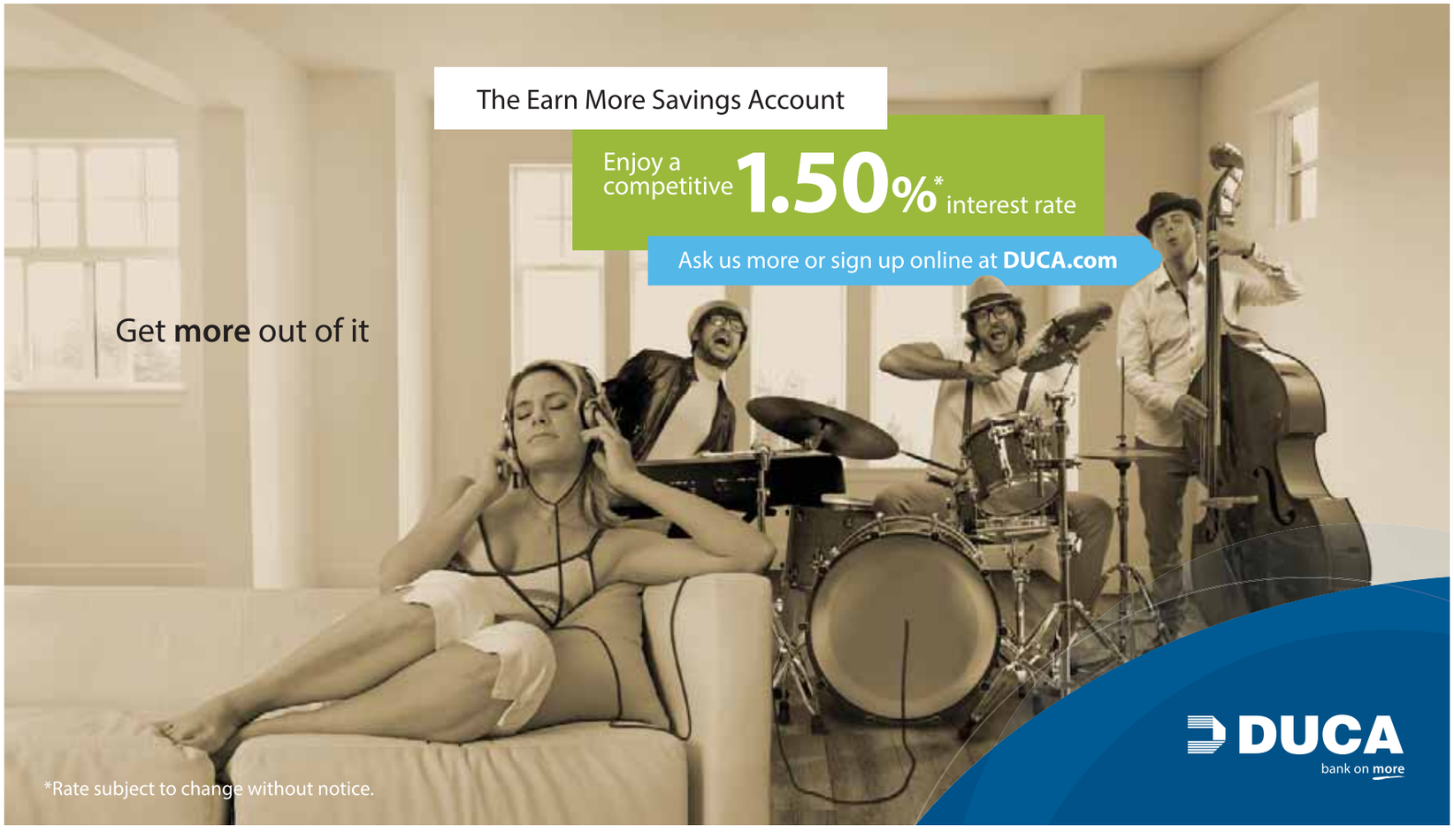
The 62-year-old Morsi also gave his first account of his detention. He said was "kidnapped forcefully and against my will" on July 2, a day before el-Sissi announced the installation of a new interim president. He said he was kept in a Republican Guards facility for three days, then moved to a naval base.

THE ASSOCIATED PRESS

Hamas stages a show of force in Gaza

Thousands of Hamas security forces march in a military parade in the Gaza Strip Wednesday in a massive show of force marking the anniversary of an eight-day battle against Israel last year. The hostilities began when Israel assassinated Hamas' military commander, Ahmad Jabari, on Nov. 14, 2012, in response to an increase in rocket attacks out of Gaza. Over the next week, Israel carried out hundreds of airstrikes on militant targets, while Hamas and other armed groups fired hundreds of rockets into Israel. Despite suffering heavy losses, the Islamic group has claimed victory and vowed Wednesday to continue its violent struggle against Israel.

ADEL HANA/THE ASSOCIATED PRESS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Suspected poisoning. Brazil exhuming remains of ex-president Goulart

The remains of former Brazilian president Joao Goulart were being exhumed Wednesday due to suspicions he may have been murdered on orders of the military regime that once ruled the country.

The exhumation in Goulart's hometown in the southern state of Rio Grande do Sul was partly organized by Brazil's Truth Commission, which is investigating human rights abuses committed during the military dictatorship.

Goulart was toppled by a 1964 coup that installed the military regime that ruled Brazil for 21 years.

He went into exile in Argentina, where he died in December 1976. His body was quickly flown back to Sao Borja, where he was buried beside family members.

His death was ruled a heart attack, but an autopsy was never performed either in Argentina or in Brazil.

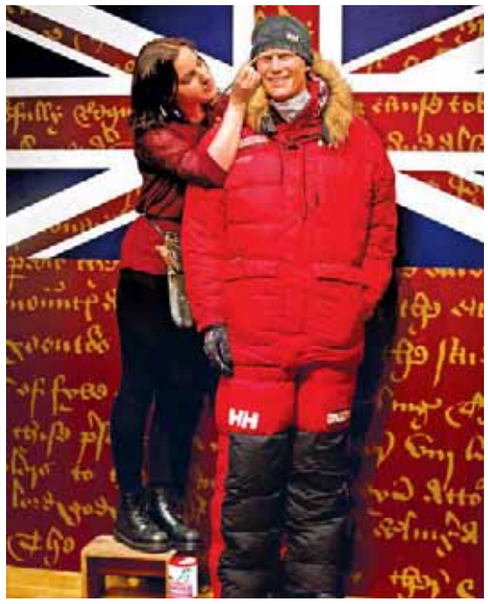
Brazil's Human Rights Ministry says on its website there are suspicions he was poisoned. Those suspicions stem from statements made in 2008 by a former Uruguayan intelligence officer imprisoned in Brazil for drug smuggling. He told the Folha de S. Paulo newspaper that Goulart had been poisoned by agents of Operation Condor, under which the military dictatorships that ruled much of South America in the 1970s and 1980s secretly co-operated in the torture and disappearances of each others' citizens.

The Uruguayan agent told the newspaper that Goulart's heart medication had been swapped with poisoned pills that caused a heart attack.

THE ASSOCIATED PRESS

State honours

Goulart's remains will be taken to Brasilia, where he will be given full state honours, which he did not receive when he was buried. His body will be returned to Sao Borja on Dec. 6.



Harry gets an icy makeover

A Madame Tussauds artist poses for photographers with a waxwork of Britain's Prince Harry dressed for a trek to the South Pole during a photocall at the attraction's premises in London on Wednesday. The waxwork will give visitors an idea of how the prince will look dressed for the sub-zero temperatures he will encounter on the 335-kilometre 'Walking with the Wounded South Pole Allied Challenge', which begins on Sunday. MATT DUNHAM/THE ASSOCIATED PRESS

Coca crop. Bolivia says less than half goes to cocaine

Bolivia's government has released a study that says 58 per cent of its coca crop goes to traditional uses while the rest is processed into cocaine.

The long-awaited European Union-financed study found that 31 per cent of Bolivia's 10 million people consume coca, a mild stimulant used in religious rituals, chewed and taken in tea.

President Evo Morales is a coca growers' union chief and his backers have long said Bolivia needs four-fifths of the 25,300 hectares of coca under cultivation in 2012 to meet traditional needs.

International law enforcement officials say Bolivia has a growing drug trafficking problem, with much of the cocaine processed in its territory originating in Peru.

THE ASSOCIATED PRESS

Human Rights Council

Cuba celebrates seat on UN body

Official media in Cuba celebrated on Wednesday after the country's election for a three-year term on the 47-seat Geneva-based UN Human Rights Council.

The election of Cuba, China, Russia, Saudi Arabia, Vietnam and Algeria elicited protests from human rights groups who said their inclusion hurts the council's credibility.

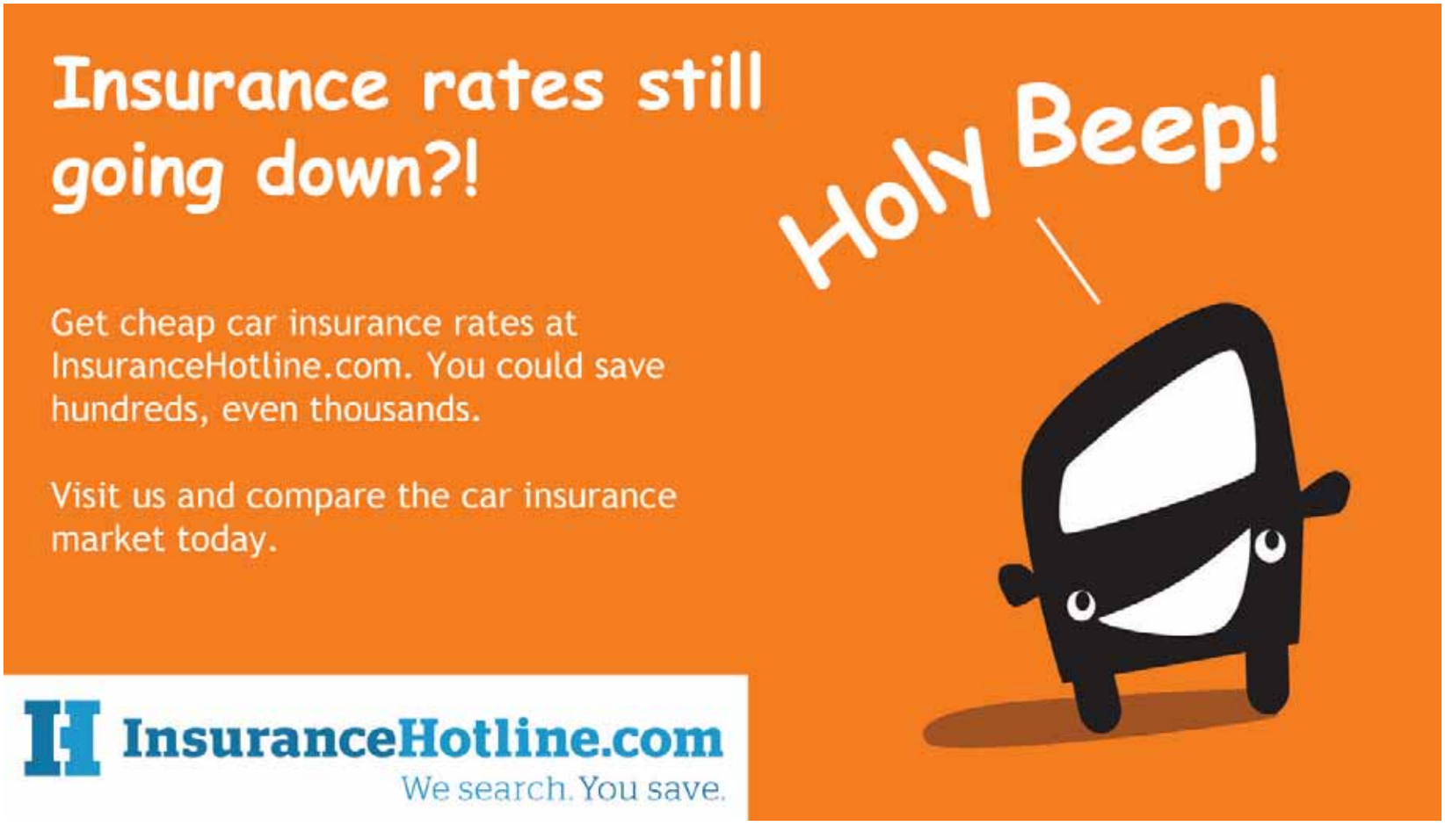
THE ASSOCIATED PRESS

Pentagon purchases

U.S. stops buying Russian 'copters

The U.S. Defence Department is cancelling plans to buy 15 more Mi-17 cargo helicopters from the Russian arms export agency that is a top supplier of weapons to Syria, a Senate Republican said.

Bipartisan opposition to the purchase has been building as the violence in Syria rose and U.S. relations with Russia deteriorated. THE ASSOCIATED PRESS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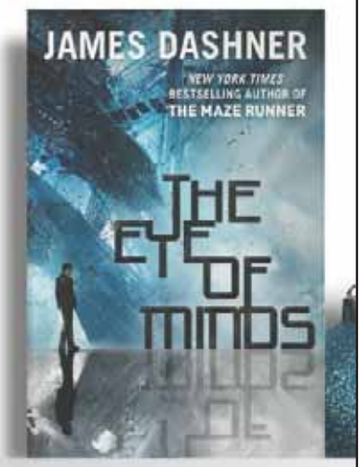

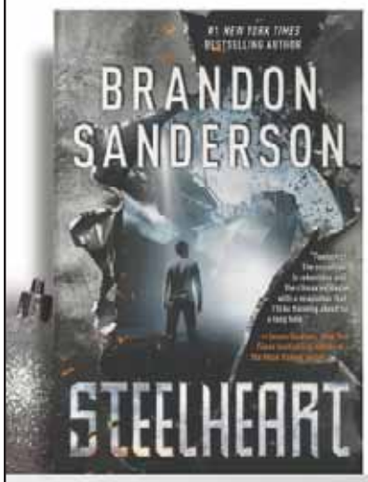

Steelheart

An action-packed, sci-fi thrill ride with heroes and monsters

#1 *New York Times* bestselling author, coauthor of Robert Jordan's *Wheel of Time* series and creator of the internationally bestselling *Mistborn Trilogy*, presents *Steelheart*, the first book in the Reckoners series, an action-packed thrill ride that will leave readers breathless.

HARDCOVER

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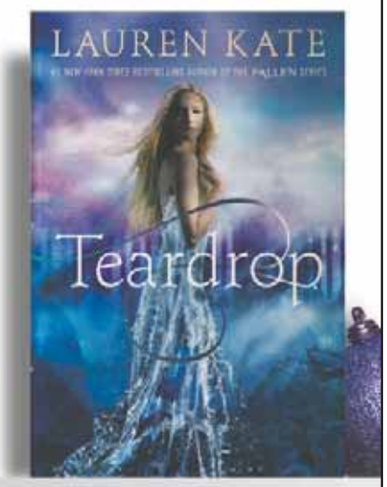
The debut in a new series from the #1 *New York Times* bestselling author of the *Fallen* series. A boy named Ander, a locket, a letter, a mysterious stone and an ancient story about a broken-hearted girl who cried an entire continent into the sea—Eureka is about to discover she lives in a world where everything you love can be washed away.

HARDCOVER



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Woman hunted after gator rides the Blue Line

Transit mystery.
She takes trip to the airport with a little reptilian friend ... and then disappears

After tracking down a small alligator skulking in a baggage claim area at Chicago's O'Hare airport, authorities are now hunting for its travelling companion.

The Chicago Transit Authority has released images showing a woman who they believe rode to the airport on a Blue Line train with the two-foot-long gator.

Security camera image shows the mystery woman and the alligator.
THE ASSOCIATED PRESS

Thanks to security cameras, officials know this about the alligator's trip to O'Hare: It boarded a train at the Pulaski stop — with the woman — at 1:17 a.m.

A camera captured the woman petting her little friend on her knee.

Blue Line rider Mark Strotman also snapped a picture with his phone. "She was petting it, and she was very friendly with it," he said

About an hour later, the woman is again recorded by security cameras near the O'Hare stop — but with no reptilian companion.

An airport employee found the alligator later in the day under an escalator near baggage claim No. 3.

Police captured it by trapping it beneath a trash can.

THE ASSOCIATED PRESS

A crushing blow to ivory collectors

A wildlife enforcement agent holds a carved ivory tusk near Commerce City, Colo., on Wednesday. The tusk is part of a six-ton cache of ivory tusk and carvings that was to be crushed on Thursday. The items were seized from smugglers, traders and tourists at U.S. ports of entry amid a global ban on the ivory trade.

ED ANDRIESKI/THE ASSOCIATED PRESS

Smithsonian's feat

Now history is yours — in 3D

With most of its 137 million objects kept behind the scenes or in a faraway museum, the Smithsonian Institution is launching a new 3-D scanning and printing initiative to make more of its massive collection accessible to schools, researchers and the public worldwide.

A small team has begun creating 3D models of some key objects representing the breadth of the collection at the world's largest museum complex.

Some of the first 3D scans include the Wright brothers' first airplane, Amelia Earhart's flight suit, casts of President Abraham Lincoln's face during the Civil War and a Revolutionary War gunboat.

Less familiar objects include a former slave's horn, a missionary's gun from the 1800s and a woolly mammoth fossil from the Ice Age.

Now the Smithsonian, in Washington, D.C., is launching a new 3D viewer online to give people a closer look at artifacts in their own homes.

THE ASSOCIATED PRESS

Rasmieh Yousef Odeh, seen here on Oct. 22 departing the federal courthouse after her initial appearance before a magistrate judge in Chicago, made her first appearance before a federal judge on Wednesday in Detroit on charges she allegedly lied about her conviction for a deadly bombing more than 40 years ago in Israel. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Former bomber pleads not guilty

Immigration fraud. Woman allegedly lied about her part in deadly bombing in Israel in the 1960s.

A woman accused of failing to tell U.S. immigration authorities about her role in a deadly bombing in Israel made her first court appearance Wednesday.

Rasmieh Yousef Odeh, an activist who is associate director at the Arab American Action Network in Chicago, pleaded not guilty. Her supporters marched outside the federal courthouse with signs that said, "stop anti-Arab racism."

Odeh was convicted of an attack that killed two people at a Jerusalem market in 1969. An Israeli military court sentenced her to life in prison in 1970, but she was released 10 years later in a prisoner swap with the Popular Front for the Liberation of Palestine.

Odeh, 66, who lives near Chicago, is charged with not disclosing her conviction when she applied for U.S. citizenship in Detroit.

She came to the U.S. from Jordan in 1995 and became a naturalized U.S. citizen in 2004, the indictment says, but she could lose that status if convicted.

THE ASSOCIATED PRESS

Quoted

"The government says they were somehow misled. ... We'll be asking questions about that."

William Swor, Odeh's defence attorney

Sacramento

Woman says ex, son attempted exorcism

A U.S. woman whose ex-husband and son are accused of kidnapping her to perform an exorcism says they made her drink oil and told her she had three devils inside her. Blanca Farias told Sacramento reporters she was taken to a church, where her ex-husband and son and a pastor bathed her in oil that they made her drink.

She said the pastor told her she was possessed as she threw up. The pastor is not expected to face charges over Saturday's alleged incident. THE ASSOCIATED PRESS

Ohio. Death row inmate asks to donate organs

Ohio's governor delayed a condemned child killer's execution on Wednesday to study the feasibility of the man's request to donate his organs.

Gov. John Kasich's decision came less than 24 hours before 40-year-old Ronald Phillips was scheduled to die for raping and killing his girlfriend's three-year-old daughter in 1993. His lethal injection has been reset to July 2.

Kasich said that while Phillips' crime was heinous, his willingness to donate organs and tissue could save another life and the state should try to accommodate a donation.

Phillips made his request to be an organ donor on Monday after he had been denied mercy by Kasich and his other legal options were exhausted. He says it wasn't a delay tactic but an attempt to do good. THE ASSOCIATED PRESS

Stipulations

The governor's directive allows for donation only of non-vital organs

- **If he is a viable donor, Phillips will donate a kidney to his mother**

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Smoke-free meals. Province to propose smoking ban on patios

The Ontario government plans to amend legislation to ban smoking on all restaurant and bar patios as well as at playgrounds and sports fields.

Health Minister Deb Matthews says restaurant and bar owners know that the majority of people don't want to be exposed to second-hand smoke on patios.

Matthews says most people are like her — they enjoy sitting on a patio but don't like being surrounded by smoke.

She says Ontario will also double the fine for stores that sell cigarettes to minors, and will follow Alberta's lead and introduce legislation to ban all sales of candy-and-fruit-flavoured tobacco products.

The Ontario bill would extend the current prohibition on selling flavoured tobacco cigarillos and chewing tobacco to youth to a total sales ban, although there would be an exemption for menthol cigarettes, which Matthews says are preferred by adults.

The Ontario government believes many youth start smoking with cigarillos that taste like chocolate or strawberry.

The proposed legislation would also ban other flavoured products such as twist sticks, dissolvable strips and lozenges if they contain tobacco, but not if they have only nicotine without tobacco. THE CANADIAN PRESS

Flavoured tobacco

The Heart and Stroke Foundation said companies were targeting youth with flavours like "grapes gone wild," "appletini," or "cherry vanilla," and warned parents "have to be very concerned with the ability of the industry to adapt and change and work around legislation."

Replacing a Manhattan landmark

In this image taken with a fish-eye lens, visitors take in the view from 4 World Trade Center, the first office tower completed at Ground Zero since the 9/11 attacks, on Wednesday in New York. The building is the smallest of four main towers planned for the site. At 298 metres, it's a shorter version of the main tower, One World Trade Center, seen in the foreground, which will not be completed until early 2014.

MARK LENNIHAN/THE ASSOCIATED PRESS

Burlington stabbing

Stabbing suspect faces attempted murder charge

Burlington Police found a teenage girl suffering from stab wounds in an apartment Tuesday.

The teen was taken to an area hospital and remains under observation.

A 32-year-old woman will be charged with attempted murder.

THE CANADIAN PRESS

Hamilton homicide

Man calls 911, faces murder charge

Hamilton police say they got a 911 call Tuesday from a man who said he had just killed a woman.

Police say officers found the body of a woman, indicating an obvious homicide.

Dalibor Klarica, 35, has been charged with first-degree murder.

THE CANADIAN PRESS

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Crackburgers, dogs, T-shirts capitalize on Ford scandal

Cracking the market. Local businesses making money off the ongoing controversy

Entrepreneurs are doing brisk business — and making a quick buck — on the ongoing crack-video saga surrounding Mayor Rob Ford, despite warnings from the business community the controversy has hurt Toronto's brand.

Clothing retailer American Apparel has reached out to politically minded hipsters with their special edition cotton T-shirts screen-printed with the many faces of the embattled mayor in rainbow colours. About 150 shirts were shipped in from Los Angeles on Sunday and retail for $14 at the American Apparel outlet store at 215 Spadina Ave.

At Craft Dogs, a new gourmet hotdog joint on King St. E., a "crack dog" has been the No. 1 menu item for two weeks, said co-owner Brian Morin. The $10.95 dog comes dressed with braised beef cheeks, "because he's cheeky with reporters," and wiener gravy. Cheese curds from Quebec are sprinkled on top — "to look like crack."

And on Dundas St. W., the owners of This End Up are considering the return of the special menu item "RoFo Crackburger" this week.

The combination of ground chuck, cheddar, provolone, pork belly, fries, cheese curds and special gravy made of chicken stock, Remy Martin and Tim Hortons coffee, was so popular last week, "people were coming in just for it," said co-owner Karen Young. "We were selling out every day," she said of the $16 burger. "It went a little viral … we might be bringing it back."

Ford supporters were also selling "Ford Nation" T-shirts. Some were even autographed by the mayor on Tuesday, according to observers.

TORSTAR NEWS SERVICE

Crack dog

"It's a little bit spicy. It's got a wiener made of pork butt, because he's the butt of everybody's jokes."

Brian Morin, co-owner at Craft Dogs

The RoFo Crackburger at This End Up. PHOTO FROM FACEBOOK ROFO CRACKBURGER

Robbie Bobbies

Bobbleheads in the mayor's likeness, dubbed #RobbieBobbie on social media, caused a mad scramble Tuesday at city hall as hundreds of supporters and critics alike lined up to shell out $20 each for the United Way.

- The 1,000 dolls sold out, but appeared for sale on Kijiji within hours.
- Someone from Scarborough was selling the collectible for $1.2 million. "Will consider trading for a Caribbean island," the posting said.
- More reasonable offers were around $400.
- On eBay, one person was bidding $786 for number 401 in the series as of lunchtime Wednesday.

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New fish type found among coral reefs of Indonesia

Genetically distinct.
It is unique in both its colouration and especially the rounded shape of its dorsal and anal fins and tail

This photo taken on July 28 shows a new fish of the flasher wrasse species in Indonesian waters. GERALD ALLEN/CONSERVATION INTERNATIONAL/THE ASSOCIATED PRESS

A new fish of the flasher wrasse species with striking orange colour and rounded fins has been found in Indonesia's coral reefs, a conservation group announced Wednesday.

Scientists from Conservation International and the Indonesian Biodiversity Research Centre discovered the species in East Nusa Tenggara province, said a statement from Conservation International.

The discovery was published in the latest Aqua, International Journal of Ichthyology.

The group said the species was named Paracheilinus rennyae in recognition of the scientific contributions of ichthyologist Renny Kurnia Hadiaty from the Indonesian Institute of Sciences.

The fish is known only from reefs off southwestern Flores Island and the Komodo National Park area. It is the 17th known type of flasher wrasse.

THE ASSOCIATED PRESS

Google Maps trek complete

Trekker Gregg Matthews, wearing a special Google-designed camera, completes the last part of the Google Maps project on Wednesday to capture 360-degree images of Florida's 1,328 kilometres of beaches, in Miami Beach, Fla. The journey began in July.

WALTER MICHOT/THE MIAMI HERALD/THE ASSOCIATED PRESS

Vietnam

Rare mammal seen on camera

A camera trap in a forest in central Vietnam managed to snap a photo of one of earth's rarest mammals, the saola, which hadn't been seen in 15 years.

The antelope-like, long-horned ox appears to walk through dense foliage at the edge of the camera's range in the image taken in September. Conservation group WWF released the image Wednesday, along with a statement saying the discovery renews hope for the recovery of the species.

THE ASSOCIATED PRESS

The saola
WWF/THE ASSOCIATED PRESS

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India's Central Bureau of Investigation director Ranjit Sinha is under fire for saying, "If you can't prevent rape, you enjoy it" at a news conference about legalizing gambling on Tuesday. MUSTAFA QURAISHI/THE ASSOCIATED PRESS FILE

Top Indian official rebuked for rape remark

Nationwide outrage. Police official in hot water for saying, 'If you can't prevent rape, you enjoy it'

India's top police official apologized Wednesday for saying, "If you can't prevent rape, you enjoy it," a remark that has outraged women across the country.

Central Bureau of Investigation chief Ranjit Sinha made the remark Tuesday during a conference about illegal sports betting and the need to legalize gambling. The CBI is India's equivalent of the FBI.

Sinha said at the conference that if the state could not stop gambling, it could at least make some revenue by legalizing it.

"If you cannot enforce the ban on betting, it is like saying, 'If you can't prevent rape, you enjoy it,'" he said.

The remarks have caused outrage across India, which in the past year has been roiled by widespread protests following the fatal gang rape of a 23-year-old woman on a bus in New Delhi.

On Wednesday, Sinha said that his comments had been taken out of context and misinterpreted, and that he was sorry if he had caused hurt.

Angry activists, however, called for his resignation.

"It is sickening that a man who is in charge of several rape investigations should use such an analogy," Communist Party of India (Marxist) leader Brinda Karat told reporters. "He should be prosecuted for degrading and insulting women."

THE ASSOCIATED PRESS

Changing the law

After the fatal gang rape of a woman in New Delhi this year, public outrage forced the Indian government to change rape laws such that:

- Repeat offenders can be given the death penalty.
- Stalking, voyeurism and sexual harassment are now crimes.

Social media

Teen in custody for tweets

Police say a Philadelphia teen faces charges in connection with a social media account that aimed to out "rats" in criminal cases.

Police say the 17-year-old was taken into custody Tuesday in connection with their investigation into a now-shuttered anonymous Instagram account titled "rats215," a reference to Philadelphia's area code.

Police say the teen is alleged to have posted material from the Instagram account to his Twitter feed. The teen was charged with intimidation and terroristic threats.

The Instagram account had affidavits and photos of victims and witnesses in criminal cases.

A local paper has reported that the Instagram account had identified more than 30 witnesses. THE ASSOCIATED PRESS

Medicine

Baby born while mother on life support

A university hospital in Hungary says a premature but healthy baby was delivered after doctors kept the child's brain-dead mother on life support for three months.

The University of Debrecen said Wednesday that some of the mother's organs — her heart, liver, kidneys and pancreas — were donated to four recipients two days after the delivery.

The mother suffered a stroke when she was 15 weeks pregnant. The baby was delivered via Caesarean section this summer at 27 weeks, weighing three pounds, 1.8 ounces.

The university in eastern Hungary said, "The child is healthy and developing normally."

THE ASSOCIATED PRESS

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CAREERLEAF/NEXCAREER

CHRIS HONDROS/GETTY IMAGES FILE

Using hands to play is so 2012

The mind is mightier than the sword — or hand. College creates stunning thoughts-based game

Northern Alberta Institute of Technology (NAIT) students have helped build a video game that's a brain drain of a different variety — a hands-free, mind-controlled game that looks and sounds like something out of a sci-fi movie.

The aptly-named Project Vulcan is a prototype built with the help of game development students at NAIT, under the guidance of game-design instructor Armand Cadieux and game-programming instructor John Winski.

The game is set aboard a space station, where players become robots trying to escape by embodying a series of stronger robots. The mind-bending part is that players use only their thoughts, no hand-held controllers, to take over other robots.

"How we play games has changed in the last couple years," said Cadieux. "We're all on mobile devices; now only the minority of games are played on consoles. Technology has made things like these EEG-type headsets available commercially, so developers can create applications for existing hardware."

Cadieux points to the use of similar technology with paraplegics, who can move a wheelchair with a brain-sensor headset. He says using hardware this way is a logical next step in the ever-morphing gaming industry. Co-creator Winski calls the 10-minute game tricky, but one that teaches focus at a time when life is all about multitasking.

LUCY HAINES/FOR METRO IN EDMONTON

NAIT's Armand Cadieux dons gear for Project Vulcan, a game that reads brain scans — no controllers needed. The project is at the prototype stage and will launch by end of this school year. LUCY HAINES/FOR METRO IN EDMONTON

Out of the box

"We're teaching students how to build a game, but also how to think beyond."
NAIT instructor Armand Cadieux

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Web awards. Metro worth sharing, in print and online

Metro won two silvers at the Canadian Online Publishing Awards 2013 on Wednesday evening.

The awards, which are held in Toronto every year, cover the best of digital work in mobile and desktop journalism.

Metro won awards for its mobile apps, which remain among the most popular news apps in Canada, as well as for Matt Elliott's Ford for Toronto blog, which has been closely following the Toronto mayor's fiscal record since his term started.

Also nominated was a five-day online and print feature about avalanches, in which one reporter was buried alive and dug out with a rescue dog.

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 9

metronews.ca/temp

Living in T.O. is not easy

A growing number of temps are overqualified for their positions yet have little hope of advancement, says a 2013 report called Untapped Potential: Creating a Better Future for Service Workers.

$23,647

About seven per cent of routine service workers earn less than the low-income cutoff wage, defined as $23,647 in Toronto.

GETTY IMAGES

45%

About 45 per cent of Toronto's workforce is employed in routine service jobs.

20.2%

Some 20.2 per cent of routine service workers in the Toronto region have an undergraduate university degree, up from 13.3 per cent in 2001.

2001-2009

The level of precarious temporary employment within the service sector grew an "alarming" 33 per cent between 2001 and 2009.

GETTY IMAGES

Temp Not Eligible for Trauma Disability Pay

"Good afternoon. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. I'm sorry, Mr. Taylor isn't here right now. Is there a message?"

You'd think, after a great big glamorous shootout, we'd all get the day off, but no — I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors so that they could file PTSD disability claims. Even still, it was an hour before the bomb sweep finished and we got the OK to go in. The Danimal returned me to desk duty with brazen emotional manipulation. "Sorry Shannon. You have to be the strong one here today." This meant me brushing off press enquiries and telling freaked-out loved ones everything was OK, which actually gets dull very quickly. The lines died down by 4:00, so I went online to look at Shoeman's specialty website: Undeadbutnotunmown.com — nothing but screensnaps of well-mown lawns appearing in the backgrounds of zombie apocalypse movies. He is so deep.

At 4:15 the door opened and I looked up — it was Kyle, dressed head to toe in oil refinery gear. "Guess where I just got hired!"

"Kyle, you look like a Village Person. And thanks for being relieved I'm alive."

"Of course I care — the shoot out — it's all over the radio. What happened?"

"Just after lunch, Kevin went nuts and holed himself up in the warehouse threatening to shoot himself. You know why."

"What then?"

"Then there were maybe 50 shots fired and everyone thought he was dead, but then he wheeled this creepy scarecrow effigy out the doors — and walked out with his hands on top of his head."

"Did they arrest him?"

"I don't know. Is threatening to kill yourself a crime?"

"I wonder. And what does a guy like Kevin do in jail all day — shop for boats online?"

"Kevin is now officially declassified."

"Declassified?"

"Declassified. Like me. No longer a part of the class spectrum, with no hope of reentering. Not poor, not middle class, not blue collar or white collar. Blank collar — spending the rest of his life shopping in jail."

I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors ...

This was when Sarah No. 1, who'd been gone all day, magically appeared at the front door wearing slutty heels and a push-up bra. "Hello Shannon. Oh hello Kyle."

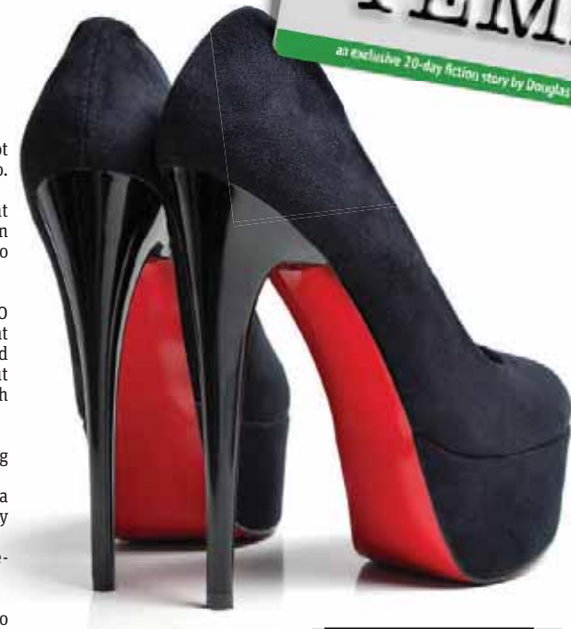
"Ummmm..." Kyle was stungunned by Sarah No. 1's get up.

I was sitting behind him and I mouthed the words, "cradle robber" to Sarah.

She winked at me. "Kyle, can you help me with my car? It won't start."

Shameless. Just shameless. They left for the parking lot.

TO BE CONTINUED...



Random fact of the day

Holy hork Batman!

- The human body produces around a litre of mucus each day.

SOURCE: BBC.CO.UK

Random biz fact of the day

50%

Another reason to not procrastinate — 50 per cent of new hires applied within the first week of the job posting.

SOURCE: NEXCAREER

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TV, ER, RUNNING CAN CHANGE YOUR LIFE

HE SAYS

John Mazerolle
metronews.ca

I'm training to run a half-marathon and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved; I can use a urinal even with other people around; and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth that they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as an intrinsic positive, even though deciding to eat Big Macs every day or committing to a daily regime of crack would qualify as taking control, too.

As you have perhaps surmised, I'm a little less gung-ho than your average running mag model, the sort who treat running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running, but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gall stone to passing out to passing on.

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations of active-people pain — like a cartoon character who throws a hot potato between his left hand and his right hand.

I'm also about as light on my feet as those AT-AT walkers from The Empire Strikes Back. If you were just listening to my footfalls you'd swear I was wearing flippers.

No, I take different lessons from running than,

Quoted

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started ...

"Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I can't find the symbolism in that, my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lay stagnant on my couch.

Unless The Empire Strikes Back is on.

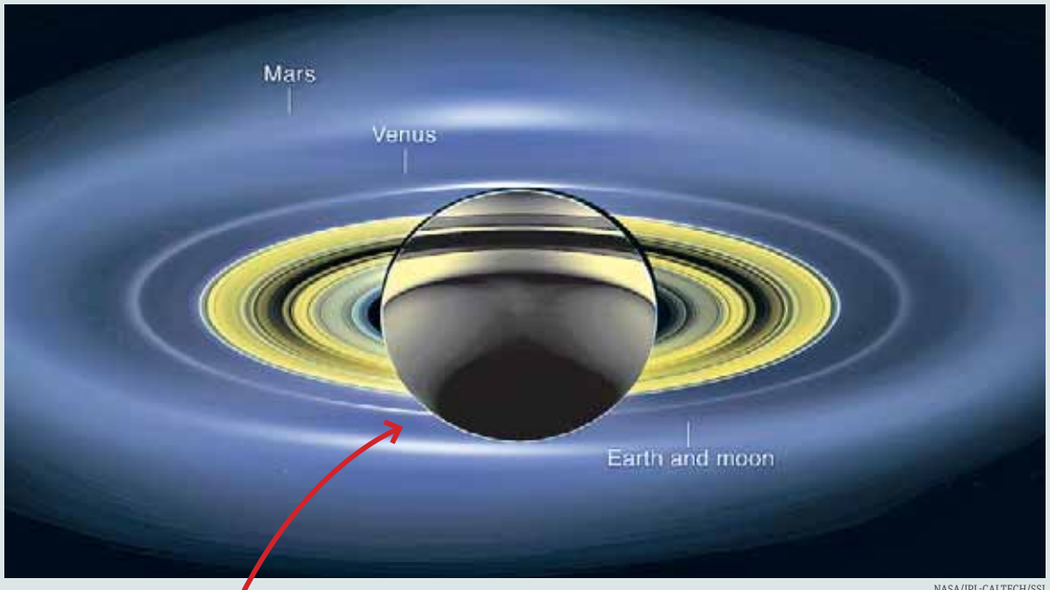
That's different.

It changed my life.

(This column was originally published in Metro in September 2010. John Mazerolle's column will return next week.)

ZOOM

Solar system's family photo



NASA/JPL-CALTECH/SSI

Saturn shown in one-of-a-kind pic

NASA has revealed an unprecedented view of Saturn from space, the first in which the giant gas planet (backlit by the sun), its moons and rings, and Earth, Venus and Mars, are all visible. Unveiled this week, the new natural-colour, panoramic mosaic of the Saturn system was taken by NASA's Cassini spacecraft. **METRO**

By the numbers

141 wide-angle images were processed by Cassini's team to create the mosaic.

651,591 km is the distance the image sweeps across Saturn and its rings.

1.44B km was the distance from Earth Cassini took the image — nearly 10 times the distance from the sun to Earth.

Solar system clues

"Data like these also improve our understanding of the history of the faint rings around Saturn and the way disks around planets form — clues to how our own solar system formed around the sun."

Linda Spilker, Cassini project scientist based at NASA's Jet Propulsion Laboratory

Cassini facts

- In 1997, Cassini-Huygens is the fourth space probe to visit Saturn and the first to enter orbit.
- 16 European countries and the U.S. make up the team responsible for building, flying and collecting data.
- The mission ends in 2017.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the holiday season right around the corner (if you need proof, just step into any shop anywhere), many are trying to get out of Dodge — or get to Dodge if that's the case. If you haven't booked travel yet, chances are you're too late — J/K, not too late, but too late to get a decent fare. Check these sites for elusive holiday season travel deals.

ISTOCKIMAGES

Hipmunk:
Like most sites, Hipmunk searches the major carriers, but offers an "agony-free" search so you don't have to muck around sorting by price, stopovers, times, etc.

Kayak:
One-stop shop for hotels, flights and cars with a stellar alert system — give them your details and they do the rest for you.

Jetsetter:
Once you've found your cheap flights, book a last-minute luxury room at a boutique hotel on the site or their well-designed, user-friendly app.

Twitter

@metropicks asked: #LdnOnt wants to allow elderly to cycle on the sidewalk. Safety advocates disagree. What do you think?

@fowgre: Bad idea. City and LPS should stop abdicating responsibility and make roads safe for cyclists. #ldnont

@londongirl52: as long as bicyclists are courteous to walkers and vice versa, I don't have a problem with anyone on sidewalk.

@Thomas_Howden: Key word, side 'walk'.

@thebellguy: I enjoy reading about rules that are made for a portion of the population, they always seem to work out well.

@KevinLabonte: 75% of bike releated accidents occur at intersections. On a sidewalk every driveway is an intersection. #LdnOnt

@neginneghabat: Bicycles generally & esp elderly cyclists behave much more like pedestrians than cars, so that's where they belong

@DanHilton74: If sharing the road is unsafe for any group, lets build a Master Bike plan w/ more paths vs ad-hoc solutions.

Follow @metropicks and take part in our daily poll.

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HOW TO MANAGE YOUR HYDRO BILL

On Nov. 1, the Ontario Energy Board announced a rate change to the commodity portion of your bill. As a result, time-of-use rates and time periods have changed. If you haven't already done so, this is the perfect time to shift your chores to off-peak periods.

Let's talk about time-of-use rates for a moment. They were introduced with smart meters several years ago when the province moved to replace coal plants with more environmentally friendly generation sources. Time-of use rates encourage consumers to shift their electricity use from peak time periods to less busy mid-peak and off-peak periods to relieve pressure on stations and reduce coal generation on the provincial and local grids. Our customers have responded and reduced their peak period consumption by approximately two per cent by shifting, and this is having a positive effect on the environment and on our distribution system. This two per cent shift is significant — it's like taking 13,000 houses off the grid.

To help you manage your account and be well-informed about your hydro bill and how you use electricity, we've introduced a number of easy-to-use self-service tools.

If you've already signed-up for MyTorontoHydro™, you know how useful this information is for managing your hydro bill. If you haven't registered yet, please read on.

While no one likes rising bills, there are things you can do to manage your electricity consumption and take advantage of lower price periods. Registering on MyTorontoHydro™ is a great place to start.

Anthony Haines
Toronto Hydro Corporation
president and chief executive officer

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Prices shown here only reflect the electricity or commodity cost on your bill. They do not include delivery, regulatory or other charges as those are based on your consumption or are a fixed cost, and do not reflect the time of use. Electricity prices change every six months (May and November). You can visit the Ontario Energy Board for current pricing details.

Time-of-Use (TOU) rates work together with your smart meter. With TOU rates, you pay according to the time of day you use electricity. So it's important to manage how much electricity you use and when you use it.

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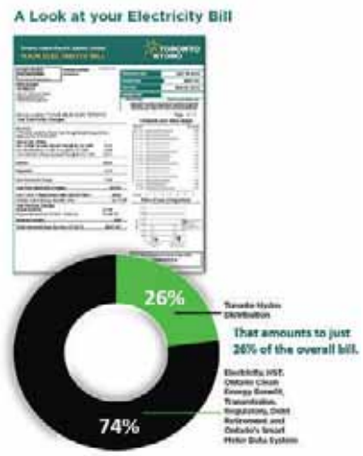

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Wu-Tang Clan MC ready to wax philosophic at U of T

Thinking man's MC. GZA/Genius dropped out of high school, but that hasn't stopped him from lecturing at Harvard

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

Wu-Tang Clan are legendary for their grimy beats and street-wise rhymes. But often lost in translation are the conscious politics at the heart of their lyrics. No one in the group embodies this as fully as GZA/Genius.

The full extent of his lyrical acumen will be on display tomorrow at the University of Toronto, when he delivers the lecture: Consciousness, Creativity and Music.

Consciousness, both in GZA's rhymes and the organization's programs, pushes people to "recognize the social, political and economic inequities that produce your social experiences," explains Falak Mujtaba, co-founder of Project Freedom, who is presenting the lecture.

"It's being aware of the power structures and how that shapes our lives and experiences."

Although he dropped out of high school, GZA is known as Wu-Tang's most thought provoking MC. A keen student of history and philosophy, he recently lectured at Harvard and he's written entire albums about chess and physics.

GZA is hardly the first hip-hop star to make the move into academia, a shift that's natural for politically-minded MCs.

"The culture's always been political," says Mujtaba. "Hip hop itself is a by-product of alienation."

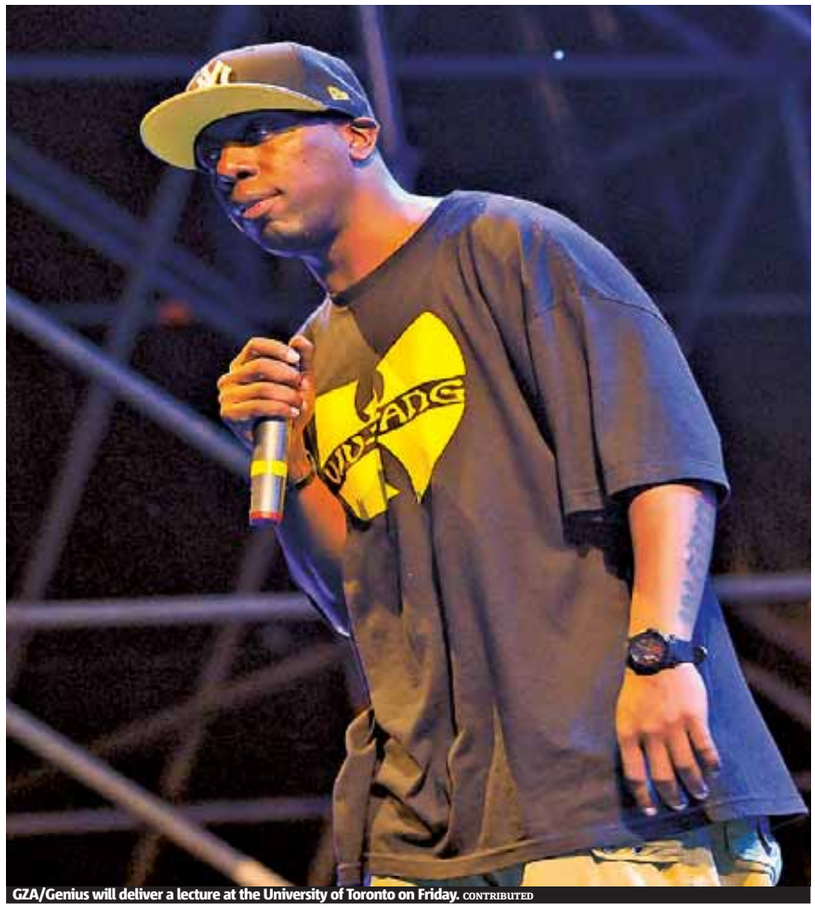
And their real-world experience gives MCs a credibility academics often can't compete with. Project Freedom was founded by Mujtaba and Jo'el Douglas in February. The Scarborough-based organization focuses on raising social and political consciousness through the arts. GZA, a personal friend of Mujtaba's, has played an advisory role with the group since its inception. His involvement provides an alternative voice for young people, says Douglas.

"He's really trying to share from his perspective to the youth and the next generation."

GZA/Genius: Consciousness, Creativity and Music comes to the Earth Sciences Centre at University of Toronto Friday at 6 p.m.

Other hip-hop academics

- **KRS-One.** A member of the Stop the Violence, the MC regularly speaks about the role hip hop can play in community building. He's also the founder of the Temple of Hip Hop.
- **Chuck D.** Lead MC for Public Enemy, hip-hop's most famously political group, Chuck D speaks regularly at both universities and music conferences.



GZA/Genius will deliver a lecture at the University of Toronto on Friday. CONTRIBUTED

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From left, Taye Diggs, Morris Chestnut, Harold Perrineau and Terrence Howard in a scene from The Best Man Holiday. MICHAEL GIBSON/UNIVERSAL PICTURES/THE ASSOCIATED PRESS

Chestnut is among director's Holiday best men

NED EHRBAR
Metro World News in Hollywood

It's been nearly 15 years since Morris Chestnut starred in The Best Man, and now he's re-teaming with Taye Diggs, Terrence Howard, Harold Perrineau and writer-director Malcolm D. Lee for a long-awaited sequel, The Best Man Holiday.

Metro took a trip down memory lane with him.

So was your character's football background your idea or Malcolm's?
We're both big football fans. I've been playing football and loving football all of my life. Before I loved little girls, I loved playing football. So a lot came from me. The funny thing about it is the two roles I'm most remembered for are Boyz n the Hood — where I played a football player — and this one, where I play a football player.

So, 14 years later. How much does that mess with your head?
You know, it doesn't really mess with my head. We know it's been a long time, and we've seen each other throughout the years, some of us have hung out, some of us haven't. I'm just proud that the studio feels either the content of the movie or the title of the movie or the actors in the movie are still relevant to where they think that it can make some money.

When you reunite with the cast members you haven't seen in a while, is it a sort of reality check about aging?
You know, the great thing that Malcolm did was a week before we started filming, we all watched the original together. That brought me back to some places emotionally, and even brought up some things about my character that I didn't remember since it's been a long time. Whenever I see a movie of mine on TV, I don't watch it. I hurry to change the channel. Sitting there watching that movie from beginning to end, it just brought back a lot of different things. When we started filming I was like, "Do you want me to wear a wig? What do you want me to do? Because the characters had hair last time, and now Taye and I don't have hair."

The characters have all done quite well for themselves.
To be honest, I think that was what was so interesting and refreshing about the first one. It was the first movie of its kind where you really see black professionals. You had Jordan, Nia Long's character, who was a big-time TV executive. You had Harper, Taye's character, who was a writer, an intellectual job. You have those types of images that I think people wanted to see. You had your films like Boyz n the Hood, New Jack City, where you're showing street life and drug life and all that. But seeing those positive images on screen, I think that's what was refreshing for the first one.

Speaking of sequels, do you think there will be any more Kick-Ass movies?
Ah, man. I don't think so, I don't think so. I think after that one, they're done with those for right now.

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James Franco directs and stars in As I Lay Dying

Turning books into movies. Franco views it as an exciting opportunity to translate seemingly unfilmable works

NED EHRBAR
Metro World News in Hollywood

James Franco. GETTY IMAGES

As you may have heard, James Franco's been busy. In addition to being a prolific actor (he squares off against Jason Statham in Homefront in a couple weeks), he's also a prolific director who's particularly drawn to novels deemed unfilmable. His take on William Faulkner's As I Lay Dying, which played at the Toronto Film Festival this year along with his adaptation of Cormac McCarthy's Child of God, has just arrived on DVD. And in addition to Actors Anonymous, his new book of short stories, Franco is promising an adaptation of Faulkner's The Sound and the Fury next.

Franco on literary adaptations

"What I figured out with even my short films based on poetry is if I use a literary source that is somehow stylistically interesting or stylistically unconventional or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking," he explains. "If I'm going to direct a film, I don't want to just do a nice job at something that you've kind of seen before. I want to explore new stuff. And I think that's one of the reasons that I don't just act.

"There are stories that I love that I just don't think would be told. As I Lay Dying has been around for 80 years. Nobody's made it. So I made it. There's this old adage that great books make bad movies and bad books can make good movies, like The Godfather — I mean, it's not a bad book, it's just kind of a dime-store thing. I don't think that's completely true, but what I think is true about it is when people love a good book it's not just because of the story; it's because of the way it's written, the style, the structure. Something that works in a book won't necessarily work in a movie in the exact same way. You have to translate the style. And I love that. That's, I guess, become my thing."

Franco on Franco

"The way that we look at ourselves is forever changed because of the way our own images are distributed, the way we distribute them, the way we reshape them. It's tied up with public image, celebrity and our relationship to that," Franco says. "So I'm in a position where I do have a public image in, I guess, a very public way. But I really view that — my relationship to my public image — as something that is just maybe a larger projection or a larger, more extreme version of the way someone projects him or herself on Facebook, photos that he or she decides to post, what he or she decides to write, how that public image is crafted."

Actor drops out

Fifty Shades of Gray release delayed

Charlie Hunnam. GETTY IMAGES

Fans waiting for the film version of Fifty Shades of Grey will have to wait a bit longer, as Universal Pictures and Focus Features have announced they've moved the movie's release date from Aug. 1, 2014 to February 13, 2015. Production on the film was delayed when Charlie Hunnam, initially cast to play Christian Grey, dropped out just weeks before filming was to begin. On the bright side, the film is now coming out just in time for Valentine's Day. METRO

Legendary trumpeter

Don Cheadle to play Miles Davis in new flick

Don Cheadle will play Miles Davis in a biopic the actor has long planned on the innovative jazz pioneer.

BiFrost Pictures told The Associated Press on Wednesday that it will finance and produce Kill the Trumpet Player, with Cheadle also making his directorial debut. Production is set to begin in June.

THE ASSOCIATED PRESS

Rapper Mac Miller performs during the Bonnaroo Music and Arts Festival in Manchester, Tenn., June 10, 2012.
DAVE MARTIN/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Mac Miller soaks up critical respect, gets ready for tour

Hitting the road. On Wednesday, the rapper began a Canadian tour in Vancouver that will also pass through Calgary, Montreal, Toronto, Halifax and St. John's, N.L.

Before he was even old enough to legally sip a beer in his native U.S., rapper Mac Miller had topped the American album chart and tossed off four gold or platinum singles. When he finally did turn 21, he released a second Top 3 album, one which awarded the once-dismissed MC with a rapidly rehabilitated critical reputation.

So sometimes it's easy to lose sight of just how young Miller is. Even the rapper himself does it.

"I always forget that I'm 21. I always be feeling that I'm 45 years old," the cheerful Pittsburgh native said in a telephone interview this week.

"It's funny. I'll be sitting around thinking I'm running out of time — like man, I'm going to be an old rapper soon. (Damn) I'm getting old. Then I'm like, oh, this person didn't put out an album till they were 28? Never mind. We're good.

"Every time I hang out with (L.A. rapper Schoolboy) Q, I realize how much time I have because Q is old as (hell)," Miller continued, in fact using a more colourful word. "He just turned 28 and I keep on telling him that he's going to have to retire soon. He'll have like one album maybe and maybe another one — if he can get it done quickly."

As guileless and gregarious as Miller comes across during a breezy telephone chat, this was in fact a year in which he started to prove his maturity.

His independently released 2011 debut Blue Slide Park topped the U.S. charts and went gold in Canada but turned off many critics who wrote the youngster off as an opportunistic frat-rapper. A particularly scathing one-out-of-10 review in influential website Pitchfork sized Miller up as a "more intolerable version of Wiz Khalifa without the chops, desire or pocketbook for enjoyable beats."

Given such scornful notices, it's fair to say that his sophomore effort — this summer's Watching Movies With the Sound Off — arrived as something of a minor revelation. Over appealingly blurry soundscapes, many of which were produced by Miller himself, an emerging talent on the boards, he churns out narcotic musings and melancholic confessions while trading jabs with some of rap's emerging lyrical heavyweights — Earl Sweatshirt, Jay Electronica, Schoolboy Q and Action Bronson.

On Wednesday, he began a Canadian tour in Vancouver that will also hit Calgary, Montreal, Toronto, Halifax and St. John's, N.L. And, with his newfound critical success, he embarks on the trek in a positive mindset.

"It was great to just, like, really have a firm belief in what I was doing and stand by it and fight for it and just kind of trust my own creative thought process, and then have it work out in both reception, quality wise, and also commercial success wise," he says. "It's not necessarily about the numbers but it was great to me that an album like that could sell, and especially on an independent label."

THE CANADIAN PRESS

Musing on age

"I always forget that I'm 21. I always be feeling that I'm 45 years old."
Rapper Mac Miller

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Charli XCX finds True Romance after I Love it

PAT HEALEY
Metro World News in Boston

The pop landscape for women in the second decade of the millennium seems to be all about girls gone wild. But Charli XCX swears she's not trying to be a badass. Come to think of it, Charli XCX does a lot of swearing on her debut from earlier this year, True Romance.

"I don't really think like, 'Oh I'm going to swear, let's be really edgy,' or any of that s—," she says. "I feel like I swear quite a lot in general life anyway, so when I'm writing it's really just what's in my brain and what's kind of coming out of me."

Writing songs is something she may be better known for than singing them. She penned Icona Pop's song-of-the-summer, I Love It.

Word vomit

"When I wrote I Love It, it was just me screaming into a computer and that's generally what happens when I write."

Charli XCX

Born Charlotte Emma Aitchison, she's got an English accent and is charming in conversation — alternately funny and disarmingly sincere — much like the lyrics on the True Romance album. She also meant it when she wrote the I Love It line, "I'm a '90s bitch." She was born in 1992. She says penning such a huge single has given her the chance to work with a childhood hero of hers, who was "a '90s bitch" of another sort. "I was in a session the other day with William Orbit for Britney, which was cool," she says, barely containing her enthusiasm. "She's one of the hugest stars in the world, who knows what will happen, but it was an honour to be invited to that session."

Charli XCX. GETTY IMAGES

Just looking for a little Applause

Overexposed or underappreciated?
Pop art of Lady Gaga is all over, continues to inspire debate

There's just one way to escape the blitz surrounding Lady Gaga's new album: completely unplug from society.

To kick off the release of her new album, Artpop, this week, the entertainer, never known for understatement, has been omnipresent.

She began with a huge release party Sunday, where she debuted Volantis, billed as the "world's first flying dress." She floated about six feet above the floor before performing at the event, streamed live on Vevo.

The next day, she opened pop-up Artpop stores in New York and Los Angeles, where Gaga-related merchandise was sold, and she was one of the main honourees at Glamour's Women of the Year ceremony. On Wednesday, she was due to appear at the opening of an H&M store in New York's Times Square.

She's scheduled to tackle hosting and performance duties on NBC's Saturday Night Live, and she redesigned the Life section logo of USA Today in her image — the first time the newspaper has had a celebrity do so. The newspaper also featured an interview with the superstar. And a concert special with Ryan Seacrest is set to air on the CW Network next week.

Lady Gaga unveils a sculpture of herself by artist Jeff Koons during the Artpop album release and artRave event at the Brooklyn Navy Yard on Sunday in New York City. EVAN AGOSTINI/INVISION/THE ASSOCIATED PRESS

Gaga's publicity push leading up to the debut of Artpop could be described much like the singer herself: eye-catching, unique, daring and, of course, over the top. It comes amid mixed reviews for the album, the departure of her longtime manager and questions about whether Gagamania might be on the wane outside her core Little Monsters. The album's first single, Applause, remains a top 10 hit, but was considered a bit of an underperformer compared with her previous hits.

Bill Werde, Billboard's editorial director, thinks folks wondering if the 27-year-old is approaching her expiration date are missing the point.

"She's presenting an artistic view of pop music that's a lot more challenging than anything else that's even approaching the top of our charts now. She is risking her top success for the sake of art, and I think a lot of people don't get that," Werde said after viewing Sunday's show online.

"You have to really appreciate how conservative most pop fans are in the world. They don't necessarily want their music dipped in art. They don't want to see pop stars come out for a performance wearing a terrifying scarecrow mask," he added.

It's what we've come to expect from Gaga, however. Her career has been as much about performance art as music. After all, this is the woman who has paraded around in a dress made of meat, assumed a male alter-ego for an awards show, arrived at another in an egg and stripped naked onstage in Europe last month.

"She's definitely one of the most iconic artists that we have on the planet," said hitmaker David Guetta, who worked with Gaga on her new album. "I like the way that she works because she's just an artist. I don't see her as belonging to one school. She's just art. Even though it's pop music and it can ... have emotional (aspects), pop can also be very commercial. And I like the way that she's doing pop in a very artistic way."

Some have questioned how much her approach resonates these days, especially when Miley Cyrus draws weeks of headlines by twerking onstage at the MTV Video Music Awards. Gaga's performance at that show barely rated a blip at the water cooler the next morning.

Gaga's supporters, though, warn against viewing her in the short term. They believe she's built something more durable.

Artpop is Gaga's fourth full-length album, and comes after a forced hiatus. A hip injury sidelined her and forced her to cancel her tour last year.

THE ASSOCIATED PRESS

Katy Perry plans for American Music Awards

Unconditionally. The title of Perry's favourite song off her album Prism, which sold 285,800 copies

Katy Perry is on a four-week journey that snakes around the world, including stops in Amsterdam, Australia and Japan. She's got Germany to go before crossing the Atlantic Ocean to Miami. And then it's across the continent to Los Angeles.

"I am probably not going to be able to tell you what day of the week it is or what time it is because I will have lived in so many different time zones," Perry said.

She's got one date memorized: Nov. 24. That's when the 29-year-old pop star will open the American Music Awards with her new single, Unconditionally.

Her performance was announced Wednesday, along with appearances by Jennifer Lopez in tribute to Celia Cruz and TLC, and the pop star said in a phone interview she plans to step it up in what she believes is her first chance to open an awards show.

"You take that into consideration, that you are kind of like setting the tone for everyone in the evening, so you always bring out the big guns in the beginning," Perry said, later adding: "I always seem to be flying in on something or coming out of something. I like to entertain the kids, I really do."

Perry, Lopez and TLC, which will feature an unannounced guest, will be joined in performance by many of the year's top stars, including Justin Timberlake, Lady Gaga, Miley Cyrus, Luke Bryan and One Direction. Pitbull will host the show, to air live from Los Angeles on ABC.

Perry says Unconditionally is her favourite song from her new album, Prism, which opened at No. 1 on the Billboard 200 chart three weeks ago with 285,800 copies sold. So far this year, she's boxed under New York's Brooklyn Bridge on MTV's Video Music Awards, and she became a human maypole on the network's European Music Awards last Sunday.

She didn't want to give away too much about the performance, but the song is about unconditional love and not really geared to pyrotechnics.

"Let's just say it's a beautiful narrative that I learned about upon my travels, actually – while I was in Japan. How about that?" Perry said. "That would probably give you some insight into the stylings, I guess, of this performance coming up."

THE ASSOCIATED PRESS

Katy Perry plans something special as she opens American Music Awards with Unconditionally. GETTY IMAGES

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The who's who of the Marvel TV deal

Last week, Netflix announced that they will be developing four new series based on iconic, yet lesser-known characters from Marvel's repertoire of superheroes, and this week, they've announced some of the big writers behind the scripts. Daredevil, Jessica Jones, Iron Fist and Luke Cage series will begin streaming on the site in 2015. The four will be also be featured in a Netflix-exclusive miniseries called The Defenders, which is about a team of unlikely heroes who are willing to sacrifice themselves for the greater good. Here's what you need to know about these four superheroes:

MICHELLE CASTILLO
Metro World News

Daredevil

Why him? The New York City lawyer lost his sight when a radioactive substance fell on him. Now, he goes around fighting crime utilizing his supernatural radar abilities, proving justice is truly blind.

Best part of comic: When Frank Miller took his turn at penning the crusades of the blind hero, he contributed most of the iconic parts of the series. We learned that Daredevil was trained by a ninja clan known as the Chaste. But it didn't bode well for him that he fell in love with Elecktra, a ninja assassin trained by rival ninja clan the Hand. Cabin in the Woods co-writer Drew Goddard is now behind the series.

Luke Cage

Why him? Due to illegal prison experiments that were done to Luke Cage when he was wrongly convicted, he's got superhuman strength, unbeatable stamina and skin so thick that it's nearly impossible to hurt him. This black superhero was rumoured to get his own film, but it seems like Marvel will be testing out his popularity through the Netflix model.

Best part of comic: Cage is an entrepreneur and is known for starting the Heroes for Hire business, where you can pay a fee to have a superhero solve your problems. He knows how to be a team player and has worked with Iron Fist, Daredevil and Jessica Jones (more on that later). He was also a member of the New Avengers and led the Heroic Age Thunderbolts.

Iron Fist

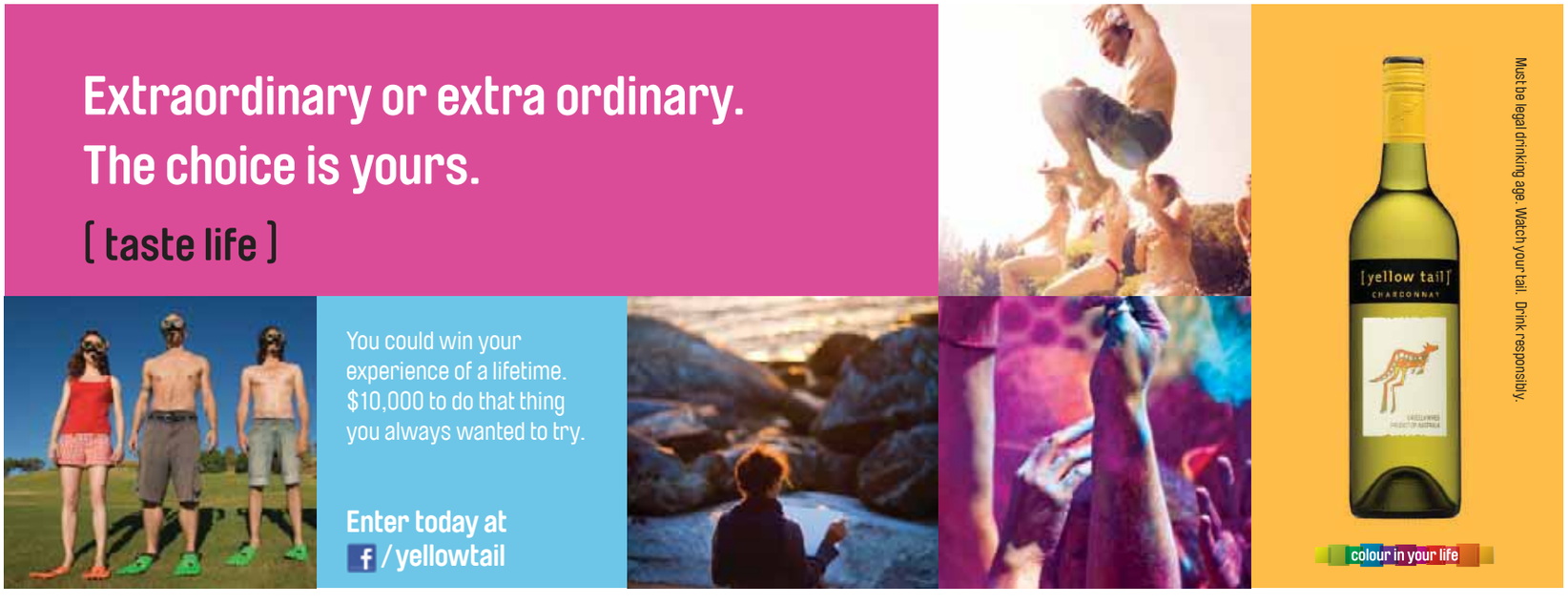
Why him? Through his martial arts studies, he was able to obtain dragon Shou-Lao's superhuman energy. This gave him strength, speed, stamina, durability, agility reflexes and senses — plus ninja sensibilities. He's mastered his chi, so he can heal himself or others and has limited telepathic abilities.

Best part of comic: The martial arts hero has been able to defeat many opponents, including Sabretooth, Master Khan, the Steel Serpent and death itself. Part of his motivation comes from the fact that his parents gave up their lives to save his as they searched for the city of K'un L'un, which is inhabited by aliens from another dimension.

Jessica Jones

Why her? A freak accident with radioactive chemicals killed her family while she was in high school, but also left her with limited flight and invulnerability powers and super strength.

Best part of comic: She's gone by several names, including Jewel, Knightress and Power Woman, but she's best when she's working as an investigative journalist or detective. Oh, yeah, she's also Luke Cage's leading lady. Melissa Rosenberg, screenwriter for The Twilight Saga, is writing this one.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Asa Soltan Rahmati is a self proclaimed "Persian Pop Priestess." CONTRIBUTED

She's a survivor and she's gonna make it — no thanks to the haters

The Shahs of Sunset. Self proclaimed 'Persian Pop Priestess' Asa is intent on making her Diamond Water company work despite her frenemies

ALEX KHATCHADOURIAN
Metro World News in NYC

Asa Soltan Rahmati is a busy woman. The Shahs of Sunset just returned for a third season, but filming her drama-filled reality show isn't the only thing the self-proclaimed "Persian Pop Priestess" has been up to. Since we last saw her on her Bravo show, Rahmati has launched a boutique alkaline water company, Diamond Water, created a collection of artwork and fashioned an entire business around her Priestess image. Sure, Rahmati has her fair share of haters — including some of the fellow Shahs she calls friends — but, if you ask her, that doesn't stop her from getting what she wants.

It seems like a lot of great stuff has happened for you lately. We'll see the launch of Diamond Water this season right? How was that experience?
You know what? It's been kind of amazing. Diamond Water is not just a spinoff of the Bravo show, where somebody just puts his or her name on a product. This is really my baby. This season you will see, from A to Z, how I struggled in creating the business and everything else that goes into the really intimate process of making Diamond Water.

Have the other "Shahs" been supportive of your new venture?
No, there was definitely some hater-ation, and some naysayers talking s—. But you know what? I'm a survivor and everything I have, I have worked hard for. Diamond Water is my dream. Nobody else has to believe in it except for me, so I don't care what other people say.

Where do you find inspiration for your art?
Art has always been a vehicle of therapy for myself. I'm able to process the pain I went through living as a refugee in an immigrant ghetto in Germany. A lot of my work has to do with identity and living between cultures. Whether it's with my music or with my visual art, there always seems to be some sort of eastern/western gangster flair to it. It's always been art, life and love, all melted together for me.

You're the self-proclaimed "Persian Pop Priestess." What's that all about?
I learned at a young age that we have so much that makes us who we are. The main things are love and humanity, but mainly love. I kind of became a spiritual gangster really early on. The Priestess is really a spiritual gangster. Love by all means necessary. Not in that weird hippie way, but in a true, primal way.

What's one moment this season that meant a lot to you?
This season is seriously epic. When I do my art show, it deals with the three phases of my life, of my childhood. I basically worked with old family pictures and I projected the images through a video projector and danced in front of it. It was a personal piece for me and propelled me to organize a family reunion in Turkey with my family that's still in Iran. I haven't been able to see them for 30 years because of my refugee status, and not being allowed to go back.

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Not the Kardashians.

Series 'very different' from that other reality TV show

Wahlburgers will air in January on A&E. GETTY IMAGES

Mark Wahlberg says his family won't be the new Kardashians.

Wahlberg will appear in a new unscripted A&E series about family-owned restaurant Wahlburgers alongside his mother and brothers Donnie and Paul.

But the actor and producer shoots down any comparison to that other famous set of reality TV siblings.

"No, no. It's very different. It's very different. Nothing against them. They've been hugely successful," he said in an interview Tuesday before the premiere of his war film Lone Survivor. "It's just about building a family business. It's just very different, very different."

In Lone Survivor, Wahlberg portrays Navy SEAL Marcus Luttrell, who was part of a mission gone wrong in the mountains of Afghanistan in 2005. Nineteen Americans were killed in a firefight and helicopter rescue attempt.

Luttrell, now retired from the military, wrote a best-selling book about his experience and attended the AFI Fest premiere in Hollywood.

What's next

- Wahlberg, 42, stars in the next Transformers film and is producing an Entourage movie set to start shooting next year. He says the Entourage story won't pick up right where the HBO series ended two years ago: "It will be a little further down the line."

"I thought there was pressure playing Micky Ward (in The Fighter) until I signed on to play Marcus," Wahlberg said. "Considering what he and his team members went through and what they sacrificed and the amount of loss that was suffered by their families, there was a lot of pressure to get it right and make them proud."

The film, directed by Peter Berg, also stars Taylor Kitsch, Ben Foster and Emile Hirsch. It's set to open wide on Jan. 10, while the Wahlburgers TV series begins airing later that month.

THE ASSOCIATED PRESS

It's getting Hot in Herre, just like Chung's career

It. British model, TV host and 'it girl' talks about her road to success and her new book

Alexa Chung is quite the "it girl." THE ASSOCIATED PRESS

It's easy to know when you're an "it girl," says British model, TV host and girl about town Alexa Chung. Photographers snap at you on the street, designers throw clothes at you and party invitations flow faster than champagne. She's not quite sure, though, how to become one, or even what It is.

"It sort of applies to anyone young, having fun and wearing clothes," she said in a recent interview.

She added, "I didn't pursue that title. It's not a career must for me. When I was a teenager, I didn't grow up and say, 'I'm going to be an it girl.' ... I didn't have a famous father or I wasn't being supported by a huge trust fund, so all the things I associate with that title weren't at my disposal."

But the now 30-year-old started down that path when she was signed as a model as a teenager. She traces her journey to her place behind the velvet ropes in the new book It (Penguin Books), which isn't quite an autobiography but not a how-to book, either.

She muses about things such as Annie Hall's style, Jeremy Iron's floppy hair, a fascination with rock star girlfriends, and underwear, "the last thing I upgraded when my wardrobe began to flourish."

She lists Julie Christie, Mia Farrow, Snow White and Winona Ryder in Heathers as people with good hair; and "everyone in the years 1980 to 89" as people with bad hair.

In person, Chung comes across as candid and approachable — she acknowledges she's challenged by money management, for example — but also confident. In her spare time, you'll find her at the karaoke bar, probably singing Nelly's Hot in Herre.

On a daily basis, though, she's not all that concerned about dressing up. When it comes to a big fashion event, such as the Metropolitan Museum of Art's annual Costume Institute gala in New York or a designer-hosted dinner during runway season, she said, "I try to look OK."

THE ASSOCIATED PRESS

About Alexa Chung

- Her current gig as a co-host of the music-centric show Fuse News on Fuse TV is the one thing that gives her a regular schedule and has relocated her to New York.
- She has served as a contributing editor to British Vogue, collaborated on designs for Madewell and is a front-row fixture at fashion weeks in New York, London and Paris. She had been interested in a book deal for a while, although she first envisioned it as a photography book.

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Zac Efron

Efron movie on hold after star breaks his jaw

Zac Efron is recovering from a broken jaw after slipping and falling at the entrance to his L.A.-area home over the weekend, according to E! News. Plans to promote his upcoming film, That Awkward Moment, have been postponed while he undergoes recovery, which reportedly included having his jaw wired shut.

Efron also reportedly sustained a gash that required stitches in the fall.

The Word

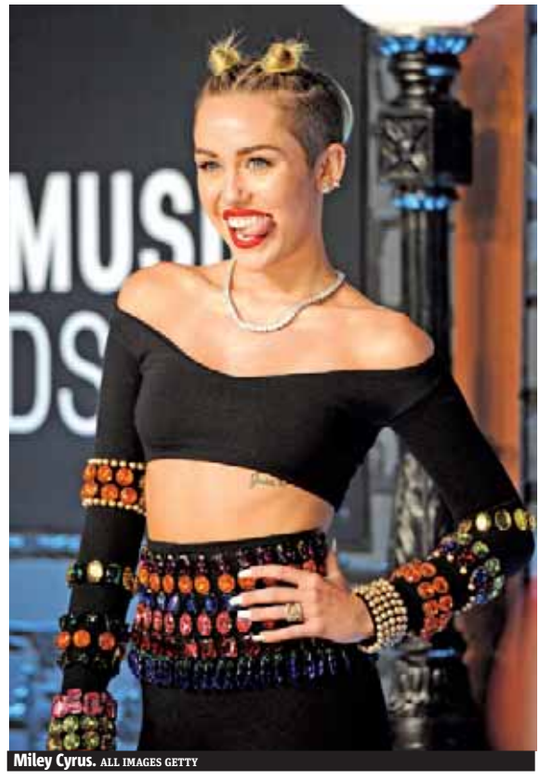
Three is not always a crowd for Gaga, but she's still a lady

Lady Gaga likes to keep an open mind, even when it comes to her relationship with Taylor Kinney.

When asked by Howard Stern if she'd be open to letting another woman join them in bed, she says, "That sounds like fun!" But Stern couldn't get her to go on the record as to whether she and Kinney have already given that a try.

"You know what? I've spoken a lot about my Taylor and I don't want to kiss and tell too much. I'm a little bit more of a lady than that," she says. "Here's the thing: I'm not the type of person that's having sex all the time with lots of random people. I don't do that. I'm in a monogamous relationship, we're having a good time, we've been together for a while. If it were to come up, it comes up."

And as happy as Gaga and Kinney are, they're in no hurry to tie the knot. "The thought of a wedding to me is exhausting. Why would I put myself through that?" she said. "Here's my dream wedding: We get completely hammered, we get the worst dresses we can find and then we go to the courthouse."



Miley Cyrus. ALL IMAGES GETTY

Weed really like to look into Cyrus incident, say stunned Dutch authorities

Miley Cyrus' latest awards show stunt — lighting up what appeared to be a joint on stage at the MTV European Music Awards — might turn out to be more trouble than it was worth. Authorities in Amsterdam are reportedly investigating the incident, according to Agence France-Presse, since the venue where the show was held has a strict no smoking policy. "We received complaints about smoking, which was also seen on television. We have to investigate," a spokesman says. "There is a smoking ban in public places in the Netherlands. Employees have the right to a smoke-free environment, and this includes camera and sound personnel." A spokesman for the arena, meanwhile, says the stunt "caught us by surprise."

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Isabel Marant brings her perfect imperfection to H&M

Oh la la. Clothing retailer welcomes designer's nonchalant Parisian chic in new line for men and women

CAROLINE SANDSTRÖM
Metro World News in London

More than any other designer, Isabel Marant has managed to export that hard-to-put-your-finger-on, relaxed, brand of Parisian chic to the rest of the world.

Her slouchy esthetic will go even more global this week, when her collaboration with H&M, the clothing giant's ninth, hits stores. We met the fashion icon at the Westin hotel in Paris to talk about her line, her personal style, and whether or not a men's line is in her future.

How did you approach this collection? It seems that most designers choose to create more affordable versions of their greatest hits.
When H&M contacted me and asked if I would like to collaborate I felt it was a great honour. I didn't know then what they wanted but I knew almost immediately that I wanted to create a collection with all my favourite garments.

You know, the clothes you always pack; the ones you would kill yourself over if they disappeared.

What's the key to your slightly grungy take on Parisian chic?
All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest and most charming look anyone can have.

How did you find designing men's wear, as this was your first attempt at it?
It wasn't difficult to create a men's collection for H&M but it was a challenge. It was easy to create garment by garment, as I often use masculine elements in my female collections, but the hard part was to paint the big picture. I don't care for men who are too fashion-conscious, so it was difficult to find a balance. It mustn't look to be too much.

But despite the fact that I'm very satisfied with the result I don't think it will be a permanent fixture in my design.

But you should never say never.

Devil may care

"All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest."
Isabel Marant

There are plenty of basics in your collection — what are your personal wardrobe musts?
The trouser is my absolute favourite garment, as well as a well-fitted T-shirt.

Basic garments are the end-all-be-all to me but I don't have any direct advice on how to style my clothes because I encourage a personal interpretation.

It's all about the blend and I love when I see people mix my garments with others, old and new, feminine and masculine, creating their own identity through them.

Personality is the ultimate accessory for me.

If you have that, you have everything. C'est tout!

Milla Jovovich owns the Parisian chic look by perfecting imperfection with her patterned dress, tousled hair and slouchy boots.
CONTRIBUTED

Looking sharp in houndstooth

RICHARD PECKETT
richard.peckett@metro.lu

Professor style, at your service. GUERRE

Houndstooth's the weave that resembles a geometric block of '80s-esque space invaders.

It's the jagged hipster cousin of gingham and this season, houndstooth's the ubiquitous check of choice for men and women alike.

Here, Metro selects the looks that you should be getting your teeth into this autumn to stroll around a leafy campus.

MP Di Massimo Piombo

Houndstooth overcoat, $2,115, mrporter.com

Zara

Hhoundstooth scarf, $40, zara.com

Paul Smith

Houndstooth sweater, $750, paulsmith.co.uk

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Camouflage hi-tops, $501, brownsfashion.com

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Trends Report

Yes, it's cold, but don't let the chilly weather dampen your style. Given that snow has yet to come for some of us (sorry Saskatchewan., Manitoba, Alberta and certain parts of Ontario), one of my favourite fashion trends for this late fall is a black leather and lace combo. Go online to Trends Report to see my fashion finds.

Follow Irene on Twitter @MetroIreneK or Instagram at kuanirene

metronews.ca/voices/trends-report

PHOTOS COURTESY OF ARITZIA.CA

Canadian street style

Spotted in: Vancouver

Emma Breed

Fashion Merchandiser / Advertising Associate

What she's wearing
Scarf from a friend, jeans from Oxygen sample sale, coat from H&M and shoes from Aldo.

Her inspiration
Emma incorporated a summer-staple (coloured jeans) very well into a fall look by matching it with a wool coat, and an ankle boots — while keeping it fun with a leather accent on the coat and studs on the boots.

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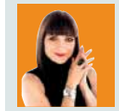

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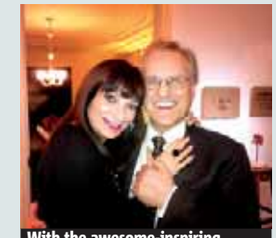

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Seasonal Toronto

The holidays are a time for the neighbourhoods of Toronto to shine, so brace against the coming months with their great theatre and picturesque winter events. The **Entertainment District** sees a surge in performances at holiday time, offering shows like Aladdin, Les Miserables, Tchaikovsky and Handel's Messiah, while the cobblestone streets of the **Distillery District** offer a smattering of craft vendors and food stalls during its traditional Christmas market. The **Annex** is a hotspot for students because of it's trendy, affordable atmosphere, where you can go ice skating at Christie Pits and catch an informative flick at Bloor Hot Docs, while the high end stores of **Yorkville** are always a great place to hit during the holiday sale season.

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Comfort food gets healthy with this stew-pendous stracotto

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- 1 1/2 lbs extra-lean beef stewing meat, cut into 1-inch cubes
- 1 onion, diced
- 1/2 cup chopped green onions
- 3 cloves garlic, minced
- 1/2 cup red wine
- 1 cup no-salt-added whole peeled tomatoes, chopped
- 1 can (5.5 oz/156 mL) no-salt-added tomato paste
- 4 cups beef broth
- 3/4 cup water
- 1 1/2 cups diced celery
- 2 tbsp chopped fresh sage leaves, or 1 tsp dried sage
- 2 to 3 bay leaves
- 1 tsp Italian herb seasoning
- Ground black pepper
- 1 cup cubed sweet potato
- 1 cup diced carrots
- 1/2 cup chopped fresh parsley
- 1 tbsp cornstarch

Make ahead:

Because extra-lean cuts of beef can vary in tenderness and texture, the longer they simmer the more fall-apart delicious they become. Make this stew the day before and heat it up just before serving.

1. In a large stock pot, heat oil over high heat. Pat meat dry and add it to pot; stir continuously until browned, about 2 to 3 minutes.

2. Add onions and garlic. Stir continuously, scraping up the bottom brown bits, about 2 minutes. Stir in wine, tomatoes and tomato paste until well combined. Add beef broth, water, celery, sage, bay leaves, Italian herb seasoning and black pepper. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 1 1/2 hours. Add sweet potatoes, carrots and parsley during the last 30 minutes.

3. Combine cornstarch with 2 tbsp water; stir and add into the stew. Simmer for 5 minutes to thicken stew, remove and discard bay leaves and serve. I like this smothered over brown rice or whole wheat couscous.

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Florentine Tomato-based Beef Stew (Stracotto alla fiorentina)

This recipe serves 6. ALL PHOTOS COURTESY OF MICHAEL RAO

The Healthy Italian

Italian cuisine doesn't have to be fatty to be healthy

The word "healthy" isn't typically associated with Italian cuisine but Fina Scroppo is out to change that.

Her book, The Healthy Italian, proves you can enjoy all your favourites — like Sicilian pizza, Italian-style meatloaf, rice balls and chocolate-pear torte, along with many other Italian favourites — without loading your plate with fat and calories.

Aside from mouth-watering recipes, The Healthy Italian is packed with tips, make-ahead options, nutrition information and photo essays that celebrate the Italian heritage.

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Putting the sweet in potato and fresh herb croquettes

Ingredients

- 3 large baking potatoes
- 1 large sweet potato
- 2 tbsp 1% milk
- 1 tbsp light butter, melted
- 1 egg, beaten
- 1/4 cup shredded light provolone or part-skim mozzarella cheese (91 oz/28 g)
- 4 tbsp freshly grated Parmigiano-Reggiano cheese
- 1 clove garlic, minced
- 1/4 cup minced fresh parsley
- 2 tbsp minced fresh basil
- 1/2 tsp sea salt
- Freshly ground black pepper to taste
- 2 cups spelt bread crumbs
- 1/2 cup egg white

This recipe makes 25 to 28 croquettes.

1. Cut potatoes in half and cover completely in a pot of water. Bring to a boil and cook for 30 minutes, until tender when centres are poked with a fork. Drain and let cook slightly.

2. Remove skins and hand-mash potatoes in a large bowl until completely mashed. Add milk and butter and toss to cool a little more before handling. Add egg, cheeses, garlic, parsley, basil, salt and pepper; toss well to combine. Refrigerate mixture for 30 minutes.

3. Preheat oven to 425 F.

4. Pour bread crumbs into shallow dish or pie plate, half at a time to avoid clumps. Pour egg white into another shallow dish. Measure out 2 heaping tbsp of potato mixture and shape into 1 x 3-inch-long rolls. Coat with bread crumbs, dip one side into egg white and roll in the palm of your hand to coat all sides, then dip again into bread crumbs. Place on a baking sheet lined with foil paper. Spray tops and sides (about 5 seconds) with cooking spray and cook until golden, about 20 to 25 minutes on middle oven rack.

5. Serve with a marinara sauce or tomato salsa.

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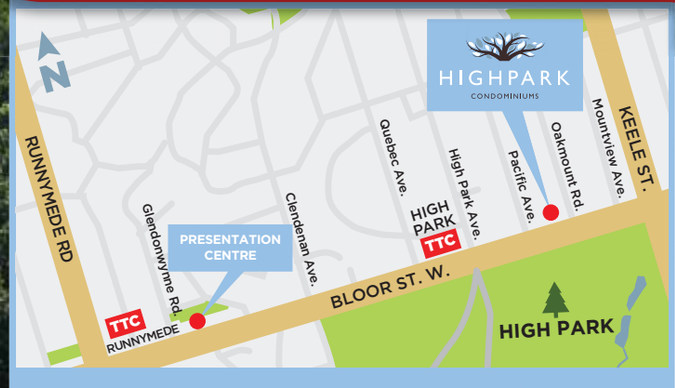

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A boom at the heart of the Crosstown LRT

Transit. At Yonge and Eg, there are a pile of new projects being developed — all with an eye to the premiums a transit hub can bring

CONDO TRENDS
Duncan McAllister
life@metronews.ca

Toronto's Yonge and Eglinton is a midtown community with a long-held reputation for offering the best of everything the city has to offer. One of the busiest intersections in the city, it is the site of a rapid, high-density urban intensification effort.

Adam Sax is a founding partner of the Royal LePage West Realty Group located at Eglinton and Avenue Road and is intimately familiar with the area. "There are seven or eight projects that are being developed right now within a half-a-kilometre radius of Yonge and Eglinton."

In addition to this, there are big plans for transit expansion. In 2008, Metrolinx launched The Big Move — a 25-year, $50-billion plan for transit in the GTA and Hamilton. Part of this mammoth undertaking is the Eglinton-Scarborough Crosstown, a light rail transit line that will traverse Eglinton Avenue from Weston Road to Kennedy Station.

The 19-kilometre corridor is the largest transit expansion project in the history of Toronto and will have big implications for the neighbourhood. TTC lands at the southwest corner of Yonge and Eglinton are being prepared to extend the existing Eglinton station where the Crosstown line will be built to travel underneath the existing subway lines.

A rendering of 101 Erskine, a 32-storey tower with 417 units and 110 townhomes. CONTRIBUTED

Sax says the new line will make for a great condo investment: "When you look at other cities that have implemented light rail transit or subways in the past — places like San Francisco or Amsterdam, Paris, Madrid — when you look at a one-kilometre radius of major hubs where there is a large station, you'll see between a 30-to-40-per-cent premium within two years of it being constructed. Obviously investors and consumers are looking at getting in before the LRT is built."

Several high-profile high-rise developments are already underway, including Bazis' new E Condos, with two towers of 38 and 64 storeys and an underground connection to shopping and transit.

"E condos is right on the corner, so it's going to have direct access to the subway which is a huge thing for young people that work in the city but don't want to live right downtown," says Sax.

A view of the cantilevered pool at E Condos, which will be on the corner of Yonge and Eglinton. CONTRIBUTED

The exterior of 2221 Yonge, being done in collaboration with Pei Partnership Architects. CONTRIBUTED

Quoted

"(When) you look at a one-kilometre radius of major hubs where there is a large station, you'll see between a 30 to 40-per-cent premium within two years of it being constructed. Obviously investors and consumers are looking at getting in before the LRT is built."

Adam Sax, founding partner, Royal LePage West Realty Group at Eglinton and Avenue Road

Tower Hill Development is building their 2221 Yonge condos in collaboration with world-renowned Pei Partnership Architects. With 56 floors and 560 suites, the project promises to be a landmark of modernist design. And Tridel's 101 Erskine, a 32-storey tower with 417 units and 10 townhomes, boasts a clean, linear exterior design with refined interiors.

Uptown towns with a modern feel

A rendering of the exterior of Hendon Park Towns. CONTRIBUTED

Meet the condo

- **What.** Hendon Park Towns
- **Location.** Yonge Street and Finch Avenue
- **Builder.** Wycliffe Homes
- **Architect.** SRN Architects
- **Sizes.** From 705 to 1,600 square feet
- **Pricing.** From $389,900
- **Building.** 113 townhomes
- **Status.** Registration phase
- **Sales Company.** The Condo Store Realty Inc.
- **Phone.** 416-820-0979
- **Email.** info@hendonpark.com
- **Website.** hendonpark.com

The project overview

A collection of 113 condominium townhomes surrounded by parks, shops, restaurants and schools. A contemporary, geometric design that contrasts ivory stucco and sandstone brick with dark accents, the townhomes are laid out in five blocks with an abundance of trees.

Location and transit

Located in the heart of uptown Toronto, near the transit hub of Finch subway station. North York Centre is five minutes away, as is York Region's Viva transit and GO Transit. Hwy. 401 is a few minutes away, flanked by highways 404 and 400.

In the neighbourhood

Situated across from Hendon Park, which features baseball diamonds, tennis courts and playgrounds. Nearby is the Toronto Centre for the Arts along with banks, hotels, numerous spas, drug stores, electronics stores, and a variety of plazas, all within walking distance.

Building amenities

Interiors feature stone or brick feature walls, smooth ceilings and stainless steel appliances including integrated microwaves and slide-in ranges. Granite countertops, Paris Kitchens cabinetry with chrome and pewter hardware, bedroom broadloom and natural hardwood floors.

High-rise housing

Looking to buy? Look up

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

If you're in the market for a new condominium, now is a great time to start your search. With the cost of new ground-related homes at a record high and still growing, condominiums have become an affordable choice of home ownership, particularly for first-time buyers looking to take advantage of today's low interest rates. High-rise prices have gone down slightly, but remain stable and with a constrained rental market, could appeal to potential investors.

At the end of September 2013, there were 260 high rise projects under construction containing 65,858 homes. It's worth pointing out that those are 86 per cent sold, which means more than 9,000 are still available.

As the market becomes more competitive, builders are now offering some very appealing incentives to potential purchasers, ranging from maintenance fee exceptions, covering your property tax for a few years or even handing out cash discounts worth tens of thousands of dollars.

Following the introduction of Places to Grow, our provincial government has placed a great emphasis on intensification, resulting in a shift in housing type toward higher density housing. In simpler terms, our industry was asked to build up, not out. This has resulted in an increase in condominium construction, with the high-rise sector holding approximately 60 per cent of the market share of new homes. That's quite different from a decade ago when ground-related homes outnumbered its condo counterparts three to one.

New high-rise communities in the GTA have been recognized on provincial, national and even international levels through award-winning, world-class design. In addition to employing top local talent, the industry brings renowned Canadian and international architects to the GTA.

Best of all, by buying a condo in the GTA you're also helping the building and development industry drive the local economy forward. Every crane you see represents between 300 and 500 jobs in new home construction.

What's hot on the condo market

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1. Airport

Condo Conference: The 17th annual CCI-T/ACMO condominium conference at the Toronto Congress Centre, 650 Dixon Rd., Nov. 16 and 17.

TO REGISTER, CALL 416-491-6216, EXT. 113 OR EMAIL INFO@CONDO-CONFERENCE.CA

2. North Toronto

Investment Workshop: Join Ryan Coyle and Matt Elkind from the Condo Store for this free event at the Miller Tavern, 3885 Yonge St.

TO REGISTER, VISIT WEALTHY-CONDOINVESTOR.COM

3. Downtown

Open House: Condo at Chestnut Park in the Bay Street corridor. Head over to 55 Centre Ave., Nov. 16 and 17 from 2 to 5 p.m.

CALL 416-321-3800 FOR MORE INFO

4. Mississauga

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5 tables with a twist

Multi-purpose furnishings are of utmost importance when living in small or shared spaces. Double-duty is the way to go when it comes to bulky pieces, so I've scooped up the best alternative dining tables for those urban homeowners who rarely entertain. Are you looking to simply save some space? Check out these table options.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In the living room

Eating and watching television has just been elevated in a stylish manner. Scout Functional Coffee Table, $800, eq3.com.

In the kitchen

When flipped down it acts as a shelf for small objects. When up it's dining for one or a great laptop station. Bjursta wall-mounted, drop-leaf table, $50, ikea.ca.

In the home office

Roll your desk into the living room and add chairs. Go-Cart Bright Orange Desk, $170, cb2.com.

In the foyer

A 9.5-inch deep console folds out into a 36 x 65.5-inch dining table for dinner parties. Span White Gateleg Table, $395, crateandbarrel.com.

In the closet

Play cards or dine informally, then store this set away easily under the bed or in the closet. Five-piece Folding Wooden Games Table and Chairs Ensemble, $350, sears.ca.

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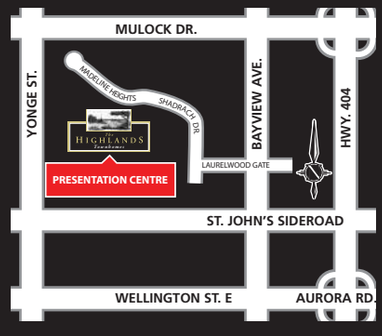

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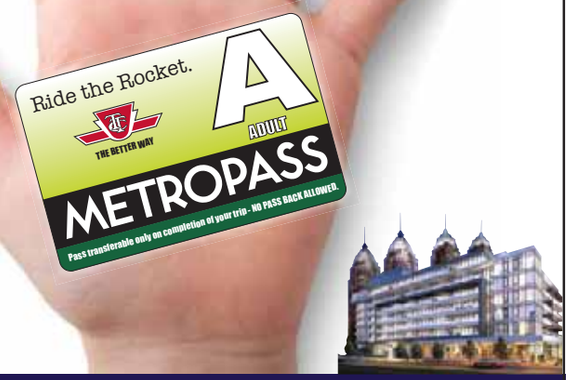

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Will Stroet along with his wife Kim The and three-and-a-half-year-old daughter Ella live under the same roof with Will's parents Bill and Marion Stroet in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

Many generations under one roof

Living arrangements. Both in TV and in real life, extended families are living together in increasing numbers

With a baby on the way, Will Stroet and his wife, Kim The, realized their two-bedroom condo — which doubled as a work space — simply wasn't going be sufficient.

Fortunately, the couple received an offer that was too good to pass up: an invitation from Stroet's parents, Bill and Marion, to move in.

Their daughter, Ella, is now 3 1/2. Four years since they laid down roots in a duplex in the Vancouver neighbourhood of Kitsilano, they're all still there: grandparents, parents and child, together under one roof.

"It's not only that we have more space, we also have the benefit of having my parents around and they can help with child care," said Stroet, 35, a children's musician and star of Will's Jams airing on Kids' CBC.

"We keep an eye on the house when they're both away. ... They like knowing that there's someone here keeping an eye on things. It's pretty good."

Art has imitated life of late with multigenerational family living providing comedic fodder on TV. The short-lived How to Live with Your Parents (for the Rest of Your Life) featured Ottawa-born Sarah Chalke as a single mom moving back in with her parents following divorce. Freshman sitcoms Dads and The Millers centre on parents who move in with their adult children.

According to Statistics Canada, the 2011 census revealed there were 362,600 multigenerational households among more than 13 million private households across the country. Among them, the middle generation in 60.1 per cent of homes included a couple with children, while 36.5 per cent were lone parents.

There was also an increase in the number of children sharing homes with their grandparents — including living arrangements where a parent may or may not be present. More than 269,000 kids aged 14 and under — or 4.8 per cent — lived with at least one grandparent in 2011, compared to 3.3 per cent in 2001.

In many cultures, the concept of multiple generations of families living together is quite typical and expected, noted Lynda Ashbourne, a family researcher and family therapist.

"There are culturally constructed roles for what the grandparents will do, what the parents will do, who shares in looking after children in the household and who brings in income and works outside of the home," said Ashbourne, an associate professor in the department of family relations and applied nutrition at the University of Guelph.

Where problems may arise is when cultural expectations and ideas about family run counter to what was previously viewed as the norm.

Quoted

"I think everyone benefits from (sharing a home). I know my daughter really loves it, my parents really love it, and honestly, I really like it, too." Musician Will Stroet

"What becomes more challenging is if you've grown up in a culture or family that really kind of privileges or honours the idea of independence and self-sufficiency," Ashbourne said.

Yet for some families, surging costs of housing, child care and the need to be in close proximity to aging or ailing relatives makes the option of sharing a space appealing. And beyond the inherent financial benefit, living in close quarters with members of the extended family is viewed by those who've embraced the concept as a way to further strengthen familial ties.

Stroet said that there is a "communal feel" to sharing a home with his parents. "It's not the sort of feeling that we're in two very separate living spaces. We have our own privacy and everything, but we definitely interact a lot, and certainly a lot more than we would if we were living somewhere else.

"I think everyone benefits from that. I know my daughter really loves it, my parents really love it, and honestly, I really like it, too."

THE CANADIAN PRESS

Weather the winter in a warmer home

DIY. With a few quick projects, you can save money on heating bills

To keep your family warm and the energy bill down this winter, invest a few hours in some small and simple DIY projects. With minimal tools or experience, it's easy to fix poor insulation or chilly drafts that normally send you running for the thermostat. Even minor improvements can help put money back in your wallet over the course of a long Canadian winter.

Slip on a water heater blanket
Water heaters warm to the touch are losing heat and costing money. If a new energy efficient water heater isn't in the budget, quickly installing a blanket is an affordable way to prevent heat from escaping. Blankets for gas-fired water tanks should be installed by a professional to avoid potential fires.

Install plastic window insulation
Block out cold drafts and lock in the warm air with plastic window insulation. While many new homes have high energy efficiency windows, they're an expensive investment and are best installed in the spring or summer.

For a fast and temporary fix, plastic window insulation can go a long way in lowering your energy bill and keeping your family warm. Simple to install and barely visible, the sheets are easily peeled off in the spring.

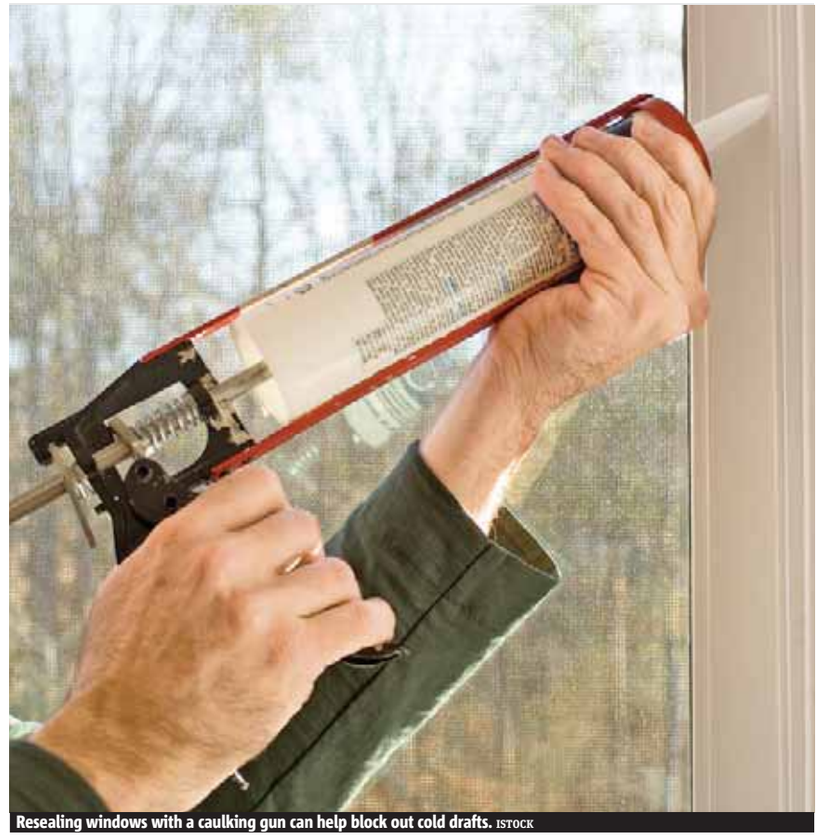
Caulk the windows
For a more permanent fix, consider getting out the old caulking gun and resealing windows. To find out where heat is escaping, carefully move a candle around each window frame and watch for the flame to bend. Make sure to tie back curtains, blinds or anything else that could catch fire before beginning.

Next, pick the proper caulking with the help of a local professional. Once the old caulk has been removed with a putty knife or razor blade, you're ready to start caulking.

Insulate with a storm door
In the summer months, storm doors are excellent for letting in extra sunlight and increasing ventilation. In the winter, they provide an added layer of insulation and are great for locking out the cold. Most storm doors come in kits that make it easy to install in an afternoon. For the most savings, look for a door with a high energy efficiency rating.

DIY Network

- For more ideas on creating the best home for your family, tune in to Family Under Construction, Tuesdays at 10 p.m. on DIY Network Canada.



Resealing windows with a caulking gun can help block out cold drafts. ISTOCK

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Design that grows up with the young 'uns

Decor. Families are investing in quality pieces for kids' rooms so furniture can span childhood and beyond

Instead of constantly updating children's bedrooms, parents are embracing timeless design and decor that can last throughout childhood.

Combining quality core pieces like the bed, dresser and a desk with paint and lighting that can be easily changed to suit a child's tastes as he or she matures is how Tracey Lamoureux creates a space that endures.

"We get requests from people who want more of a timeless look that can grow with the age of their children," said Lamoureux, principal designer at Victoria's Creative Spaciz.

"By changing a paint colour, the whole room can have a more mature feel. Paint is such an easy way for people to change their child's space over the years. We try to go for something that has a more timeless look that can take the child from five years old to 18, 19 or 20."

Lamoureux is currently working on two children's spaces, including a bedroom shared by two brothers.

Her clients requested she incorporate fun elements based on their different ages but that can also grow with them as their needs change.

"The older boy's bed is raised up and has a desk underneath it, and is being anchored by a tree in the corner. He climbs up the tree to get to his bed," she explained. "The younger boy has a tree beside his bed, but the bed is on the ground with storage underneath."

Lamoureux is also using chain and rope to create a playground look in the bedroom that includes things the brothers can climb and hold onto.

Kristine Hageland, Victoria interior designer and instructor at the Pacific Design Academy, agrees with Lamoureux's approach to investing in quality furnishings.

"Families are investing in beautiful pieces in children's rooms they envision integrating into other rooms in their home," said Hageland. "It's not just nursery furniture; it's pieces they want to keep using afterwards."

According to Hageland, families are opting for rooms that are less kitschy and more gender-neutral than they once were.

"I think the approach to bedrooms is changing away from the overly themed and cute rooms," she said. "I keep seeing nurseries that are more modern and they don't have little trains. There are kids' toys, but they don't have a train going around the room."

In addition to using modern paint colours like white and grey, Hageland said parents are embracing the trend toward wallpaper and incorporating that into kids' spaces.

"I've been seeing a lot of wall coverings," she said. "People have been taking a lot of modern wall coverings and using more kid-friendly colours to create a balance between modern trends and what a kid might like."

While there may be a lot of decisions around paint and furnishings, according to Hageland the most important thing is to create a space both parents and children want to spend time in.

"It should also be warm and inviting, and easy for kids," she said. "Make shelves accessible for them and create neat little spaces, like the teepee tents that are popular now. It is so cool when there is a fort or a swing in the room."

THE CANADIAN PRESS

Sleeping in a playground

"Make shelves accessible for them and create neat little spaces, like the teepee tents that are popular now. It is so cool when there is a fort or a swing in the room."

Kristine Hageland, Victoria-based interior designer

Designers say that families are increasingly opting for modern, gender-neutral furnishings for their kids — including items they can eventually use in other rooms in the home. ISTOCK

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Legal Matters

Questionable condo finances

I'm looking to sell my condo, which I have owned for several years and rented out to tenants. In speaking with another owner in the building, I've learned that the finances for the condo are questionable. I'm concerned that this will hinder my efforts to sell my property. What should I do?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

Your problem is not all that uncommon, especially if there is a large proportion of owners who are non-resident and less likely to be actively involved in the management of the condo.

A condominium is run by a board of directors who are all owners. They then typically delegate the day-to-day running of the building to a management company. Some of these companies are quite good, while others are not. The finances of the condo corporation are important for the ongoing upkeep of the property as well as the ability to sell individual units.

In your case, if you have some misgivings about the financial health of your condo, you can request a status certificate from the management. This certificate sets out information concerning the following: the shape of the reserve fund (for ongoing repairs to the building); whether there are going to be increases in the monthly common expenses; whether there are any special assessments (one-time charges for the owners), and the financial records of the corporation.

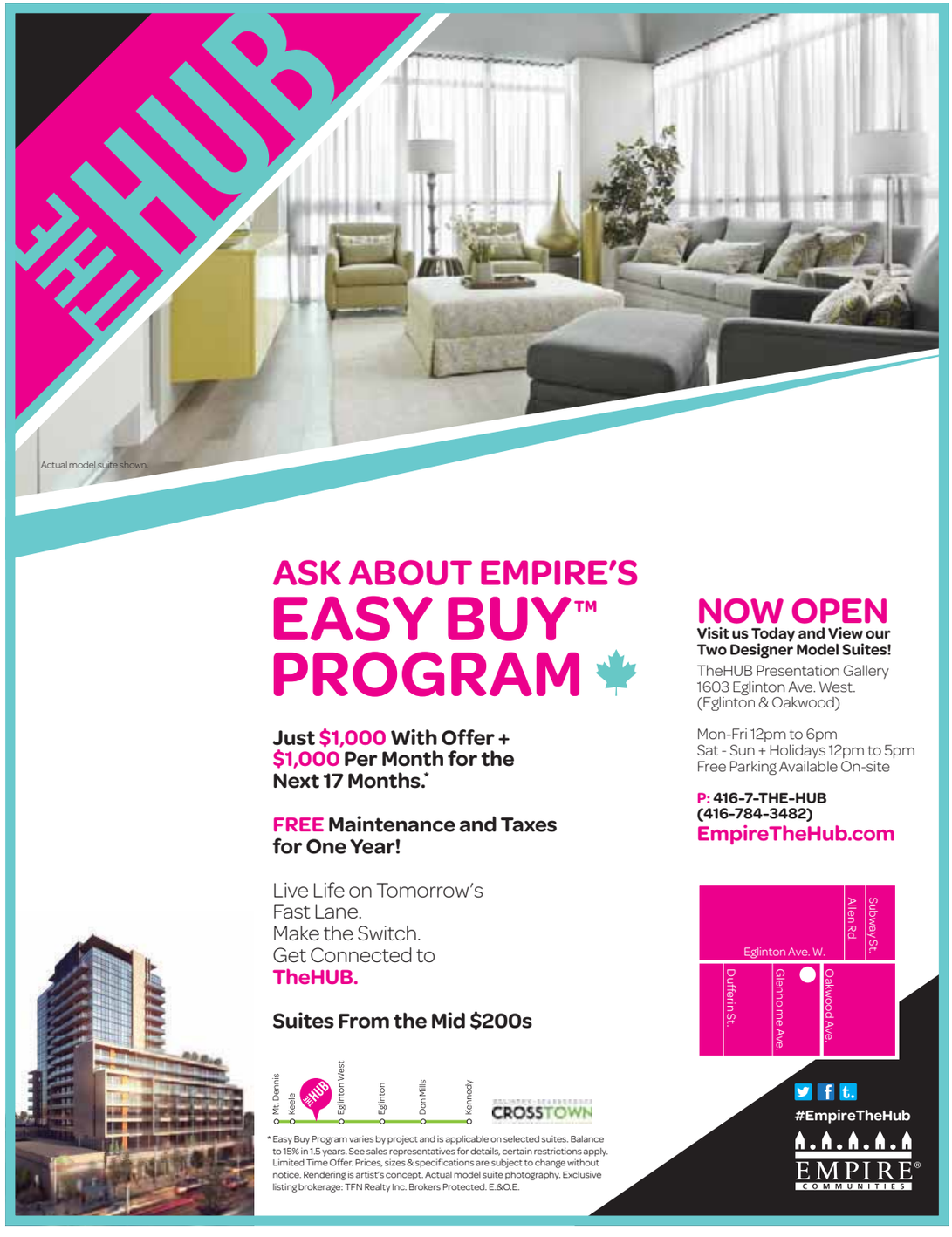
Knowing what your prospective buyers will see when they order a status certificate goes a long way towards determining if the finances are ready for the sale of your condo.

Quoted

If you have some misgivings about the financial health of your condo, you can request a status certificate from the management.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website at cowanlaw.ca

Victoria-based designer Kristine Hageland says incorporating a swing or fort is a favourite way to make a kid's room warm and inviting. ISTOCK



Energy-efficient decor

As temperatures drop and daylight is in shorter supply, we fight back: We crank up the heat in our homes and turn on lights earlier and earlier. And yet we also want to keep our heating and electric bills as low as we can. Can you keep your home warm and inviting all winter while still conserving energy? Here, three home design experts offer advice on how to keep things cosy while minimizing energy use this winter. Their suggestions range from the traditional (there's a reason why your grandmother hung those heavy curtains in winter) to the high-tech, including a thermostat that can talk to your iPad.

THE ASSOCIATED PRESS

Ditch the old light bulbs

Maxwell Ryan, founder of the popular home decor website ApartmentTherapy.com, is a designer. John Colaneri, co-host of HGTV's Kitchen Cousins, is a construction expert who builds and remodels homes. Both offer identical pieces of advice about staying warm while conserving power and saving money: Swap out your old incandescent bulbs (and those swirly compact fluorescent bulbs, too) for the new Cree brand LED bulbs. "They can last longer than 10 years and they use 84 per cent less energy than incandescents," Ryan says. "They also are dimmable" and give a warm-looking light — a big change from the energy-saving compact fluorescents. According to Ryan, the LED bulbs save you so much on electricity that they'll pay for themselves within a year, but will last about nine more years.

Swap out old bulbs like these CFLs, and replace them with Cree brand LED bulbs. ISTOCK

The Toronto Land Transfer Tax is Unfair.
When you buy a home in Toronto, City Hall's LAND TRANSFER TAX forces you to pay THOUSANDS, up front - $7,000 for the AVERAGE home. It hurts you when you can least afford it, such as when you have to move because your family is growing, or when your retirement needs change. Even many first-time buyers, struggling to save, have to pay. That's not right.
City Hall has collected over $300 million MORE than budgeted from the LTT, since it took effect! That's not right.
Tell City Hall to do the right thing and phase out the Toronto Land Transfer Tax. Your voice counts.
Visit LetsGetThisRightToronto.ca to make your voice heard, and learn how we can eliminate the Toronto Land Transfer Tax.
LET'S GET THIS RIGHT TORONTO

Embrace upholstery

Warm, cosy upholstery fabrics work on a practical level by holding your warmth when you touch or sit on them. But Ryan points out that they also work visually: A room full of soft, warm fabrics will give you a psychological sense of warmth that adds to your enjoyment.

So add thick throw blankets to chairs and sofas, and swap out silk-covered pillows and even lampshades for ones covered in thicker, nubbier fabrics like muslin and burlap.

Ryan also recommends using thick curtains in winter. A decade ago, he says, "curtains were considered fusty and old-fashioned and expensive." But with so many beautiful, inexpensive curtains available today, they've become popular again.

Besides adding colour or a bold pattern to a room, curtains also block cold air that might leak in around windows. And they muffle sound from outside, which Ryan says helps make rooms feel more insulated in winter.

"Curtains," he says, "aren't just for your grandparents anymore."

The same technique can help warm up outdoor spaces. Designer Brian Patrick Flynn recommends Sunbrella's outdoor velveteen fabric for chairs and sofas. He also likes thick, woven blends.

"Velveteen is amazing for the outdoors," he says, "since it's warm and fuzzy."

To ensure the outdoor living space of his mountain house stays warm and welcoming during the colder months, designer Brian Patrick Flynn chose woven-blend upholstery for his seating, a wool-and-acrylic blend indoor-outdoor area rug and throw pillows and blankets to keep guests feeling cosy.

BRIAN PATRICK FLYNN/HAYNEEDLE.COM/THE ASSOCIATED PRESS

Try new tech

Colaneri and Ryan also both advise homeowners to replace old thermostats with new Nest brand models. "They take 30 per cent off your bill each month," Colaneri says. "And they look very high-tech and cool to display."

Nests are programmable "learning thermostats," which means they track your habits and adjust accordingly. They also connect via Wi-Fi to check weather reports online, and you can control them remotely from an iPad.

There is new outdoor technology as well. On your deck or patio, Flynn suggests adding a new propane-powered space heater. The newest models are cost-effective and stylish, says Flynn, executive producer of HGTV.com's Holiday House.

"They look like modern sculptures," says Flynn, "and many of them are under $500. To ensure my outdoor spaces stay warm during the winter, I keep modern, seven-foot tall space heaters in my covered outdoor living room. They're on wheels, so it's easy to move them around to wherever people are seated. And once lit, the glass tubes, which contain the flame from the propane tank, put on a gorgeous show."

Flynn keeps sculptural outdoor heaters standing by his covered outdoor living and dining spaces. BRIAN PATRICK FLYNN/HAYNEEDLE.COM/THE ASSOCIATED PRESS

Light the fire

Crackling flames in an indoor fireplace can change the feel of a room instantly. And outdoors, they bring a welcome infusion of heat and light to a winter evening.

"Outdoor fireplaces are increasingly more and more popular, coast to coast," Flynn says. "They're not all that much of an expense like an outdoor kitchen would be."

If you're building a new outdoor fireplace, leave ample room for seating. "Many times homeowners have outdoor fireplaces built, but there's only enough room for a small table or two chairs. What's the point, people? The whole idea is to gather and stay cosy outdoors," Flynn says. He suggests planning "at least 12-by-14 feet of space around the front of the fireplace to ensure a sofa and loveseat as well as a coffee table and end tables will fit."

This wood burning fireplace is energy efficient and will still keep the area warm should electricity be lost during ice storms or snow storms. BRIAN PATRICK FLYNN/HAYNEEDLE.COM/THE ASSOCIATED PRESS

Improve your circulation (and your timing)

Another tip shared by Ryan comes from a conversation he had years ago with home decor guru Martha Stewart. She advised him to run his ceiling fans backward in winter to push warm air back down along the walls of the room. If you don't have ceiling fans, Ryan suggests adding one or two for energy savings and added comfort year-round.

Flynn puts his outdoor table lamps on timers to ensure they're turned off nightly and preserve energy. He also suggests taking textural values into consideration, noting that warm textures like burlap and wood help warm a place up visually.

Flynn puts his outdoor lamps on timers. BRIAN PATRICK FLYNN/HAYNEEDLE.COM/THE ASSOCIATED PRESS

Lay down rugs

Gleaming hardwood or tile floors are lovely in spring and summer. But in cold weather, add a thick rug or swap out a thin one for something heavier. This will not only warm your feet, but also change the look and sound of your space.

"When acoustics are dampened," Ryan says, "the room feels warmer."

An outdoor rug can have the same impact. "Thick outdoor-area rugs are made of acrylic/wool blends," Flynn says. "The wool feels great on your feet and definitely locks in warmth."

Nikolai Kulemin tries to shoot through a cluster of WIld players and goalie Josh Harding on Wednesday night in St. Paul, Minn. HANNAH FOSLIEN/GETTY IMAGES

Maple Leafs stung by Wild in St. Paul

NHL. Parise, Pominville score in shootout, as Minnesota rallies to beat Toronto

On Wednesday

Wild	Leafs
2	1

Zach Parise and Jason Pominville scored in the shootout, lifting the Minnesota Wild to a 2-1 victory over the Toronto Maple Leafs on Wednesday night.

Parise tied the game late in the third period for Minnesota, which has won five of six and is 8-1-2 in its last 11. The Wild have been involved in three straight shootouts — winning two.

Mason Raymond scored a power-play goal for Toronto, which has scored just three regulation goals in its last four outings. Jonathan Bernier had 33 saves.

In the shootout, Parise beat Bernier low on the left side before Josh Harding stopped Raymond. Mikko Koivu was stopped by Bernier and Phil Kessel lost control of the puck before Pominville beat Bernier through the pads for the win.

Harding had 19 saves in relief of Niklas Backstrom.

THE ASSOCIATED PRESS

Cycling

IOC not backing down on Armstrong ban

IOC President Thomas Bach opposes any lessening of Lance Armstrong's lifetime doping ban, saying Wednesday that any appeals for leniency by the disgraced American rider are "too little, too late."

After urging the World Anti-Doping Agency to introduce tougher punishments for drug cheats, Bach said Armstrong has not made a "real admission" and his ban should not be reviewed.

THE ASSOCIATED PRESS

MLB

Kershaw, Scherzer win Cy Young awards

Clayton Kershaw of the Los Angeles Dodgers and Max Scherzer of the Detroit Tigers have won baseball's Cy Young Awards.

Kershaw won the prize as the National League's best pitcher for the second time in three seasons after leading the majors with a 1.83 ERA.

The 25-year-old lefty with a big-breaking curve drew 29 of 30 first-place votes. Kershaw went 16-9 and topped the NL with 232 strikeouts.

He won the NL Cy Young in 2011 and finished second last year.

Scherzer won the AL honour after leading the majors in wins while going 21-3. He received 28 of 30 first-place votes.

THE ASSOCIATED PRESS

NHL. Sabres bring Nolan, LaFontaine back to Buffalo

The Buffalo Sabres are turning to their past to help turn the struggling franchise around.

The club cleaned house by firing general manager Darcy Regier and head coach Ron Rolston, and bringing back former star Sabres forward Pat LaFontaine and former head coach Ted Nolan.

LaFontaine was named president of hockey operations Wednesday and Nolan will serve as interim head coach. THE ASSOCIATED PRESS

Quoted

"I may have left physically, but emotionally and spiritually, I never really left."

Sabres interim head coach Ted Nolan. Nolan began his NHL coaching career in 1995 and went 73-72-19 in two seasons with the Sabres before leaving the team in a contract squabble after being named the league's coach of the year.

There's no place like dome for Argonauts

CFL Playoffs. Toronto kicker Waters glad blustery conditions won't be a factor against Ticats

The Argonauts will be relying heavily on the boot of kicker Swayze Waters in Sunday's East Division final against Hamilton. TIM ALAMENCIAK/TORSTAR NEWS SERVICE

No one's happier about the CFL East Division final being played indoors than Swayze Waters.

The Toronto kicker won't have to worry about fighting the elements Sunday when the Argonauts host Hamilton with the Rogers Centre roof closed. Last weekend, the Tiger-Cats beat the Montreal Alouettes 19-16 in an East Division semi-final contest plagued by cold rain and wind gusts exceeding 60 kilometres an hour.

The bitter conditions wreaked havoc on the kicking game. In the first half, Montreal's Sean Whyte tried a 27-yard field goal that was on course to split the uprights before the ball stopped suddenly in mid-air because of a wind gust and dropped at the one-yard line.

"I was already glad we had the bye but I was really glad after watching that game — it was pretty rough," Waters said with a chuckle following Toronto's practice Wednesday at Rogers Centre. "In a game like this when you've worked so hard all year, you'd like to be able to control what you can control.

"When there's (wind), that really changes the whole game."

The five-foot-11, 181-pound Waters is an important member of Toronto's special teams, handling all three kicking jobs. Waters, 26, made 18-of-25 field goals (72 per cent), was the CFL's leading punter (46.5-yard average) and was second in kickoffs, averaging 64.6 yards.

Waters' career-long field goal was 51 yards registered last year but he has hit from 60-plus yards in practice.

"He could really be a factor with his kickoffs and punts and the possibility of long field goals," Argos head coach Scott Milanovich said of Waters. "You hope from an offensive perspective it doesn't come down to things like that, but Swayze's leg is definitely a weapon." THE CANADIAN PRESS

Gay fills stat sheet vs. Grizz

Raptors small forward Rudy Gay rises above one of the men he was traded for last winter, Ed Davis, during Toronto's 103-87 win over the Grizzlies on Wednesday night in Memphis. Gay led Toronto with 23 points, six rebounds, five steals, four assists and two blocks in his return to Tennessee to play his former team. DANNY JOHNSTON/THE ASSOCIATED PRESS

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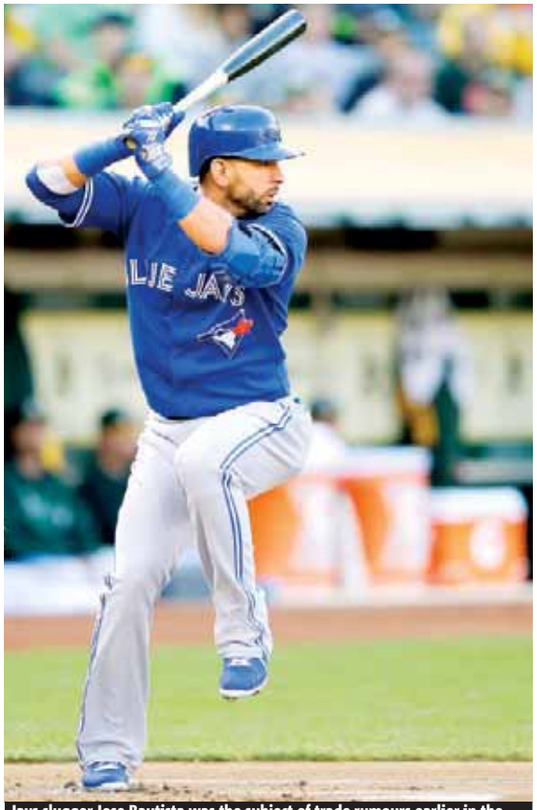

Jays slugger Jose Bautista was the subject of trade rumours earlier in the week. EZRA SHAW/GETTY IMAGES

Tight-lipped Jays GM staying stealthy as ever

MLB. Rumours involving Toronto boss Anthopoulos probably aren't true

In a matter of hours late Tuesday night and early Wednesday morning, trade talk involving Blue Jays slugger Jose Bautista seemed to go from imminent to out of the question.

In other words, it was just another day in baseball's silly season, when roster gossip swirls incessantly and fans struggle to separate fact from fiction.

With this week's GM meetings in Orlando the scuttlebutt is in full swing and the Jays have already been at the centre of a pair of bogus rumours.

It started just before 11 p.m. Tuesday night when Howard Eskin, a Philadelphia-based sports reporter for Fox 29, wrote on Twitter that Phillies GM Ruben Amaro was "deep in serious talks" with the Jays to acquire Bautista for young outfielder Domonic Brown.

Eskin's tweet created the expected firestorm.

But only a few hours later it was widely dispelled as baseless.

Jays GM Alex Anthopoulos usually follows a strict policy of never commenting on rumours, but talking to reporters on Wednesday afternoon he described the Bautista trade talk as "completely fabricated" and "totally false."

Later Wednesday, another bogus tip linked the Jays and Phillies, this time involving Toronto's much-maligned catcher, J.P. Arencibia.

"A source tells our Anthony Gargano that the Phillies and Blue Jays are close to a deal that sends catcher J.P. Arancibia (sic) to the Phillies," came a tweet from what appeared to be a Philadelphia sports radio station.

The tweet turned out to be fake, sent from an imposter account, which was soon deleted.

But in this age of instant reaction, a tweet need only be up a matter of minutes before it creates a frenzy. And it did.

Keeping a level head when following the Jays is a must because Anthopoulos inquires on everybody. He's well known for his voraciousness in this regard.

His oft-repeated caution — "If you hear a rumour about us, it probably isn't true" — is usually safe to follow. But it includes a caveat: "If you hear that a deal is done, it probably is." Because at that point, Anthopoulos points out, the information is harder to control.

At some point, rumours will be true.

Reputable Fox Sports baseball columnist Ken Rosenthal, for instance, wrote Wednesday that "multiple teams have expressed interest" in Arencibia.

For his part, Bautista says he doesn't sweat the trade talk. In an email response to Torstar News Service he wrote he would rather not address any rumours.

"Other than your email I haven't even been paying attention," he wrote. "So I haven't even noted any rumours anyways."

Maybe Jays fans should follow suit. TORSTAR NEWS SERVICE

Spring sked announced

The Toronto Blue Jays will kick off their 31-game spring training schedule on Feb. 26 in Clearwater, Fla., against the Philadelphia Phillies.

- Toronto's spring schedule will conclude with two exhibition games in Montreal against the New York Mets. It will be the Blue Jays' first visit to Montreal since 2004.

THE CANADIAN PRESS

NFL

Hurd gets 15-year sentence for drug-distribution scheme

Former NFL wide receiver Sam Hurd was sentenced Wednesday to 15 years in prison for his role in starting a drug-distribution scheme while playing for the Chicago Bears, completing a steep downfall that ended his football career and left his future in tatters.

Sam Hurd THE ASSOCIATED PRESS FILE

Hurd, 28, received the punishment in a federal courtroom in Dallas after pleading guilty in April to one count of trying to buy and distribute large amounts of cocaine and marijuana. The charge carried a minimum 10-year sentence.

Authorities say that while NFL teammates and friends knew him as a hardworking wide receiver and married father, Hurd was fashioning a separate identity as a wannabe drug kingpin with a focus on "high-end deals" and a need for large amounts of drugs.

THE ASSOCIATED PRESS

UFC 167. Hendricks drops gloves ahead of title challenge vs. St-Pierre

The fight isn't until Saturday night but the gloves came off Wednesday in the buildup to UFC 167.

"I can't wait to freaking deck the crap out of him," challenger Johny Hendricks said of UFC welterweight champion Georges St-Pierre. "I want his eyes to roll back in his head. That's my goal."

The two fighters' bickering over drug-testing boiled over Wednesday when Hendricks, apparently irate at a comment GSP made in a TV interview, essentially accused St-Pierre of using performance enhancing-drugs.

"Have you seen him in the last two months," Hendricks asked. "He's shrunk a little bit hasn't he?"

Hendricks (15-1) also pointed to St-Pierre's buff body in the cage after rehydrating.

"Check out my pictures, I'm fat ... You don't gain 15, 20 pounds and still get that form. Everybody bloats a little bit. You don't put 20 pounds of water in your system without ballooning."

Hendricks will weigh in Friday at 170 and then enter the cage Saturday night at around 195-200.

Johny Hendricks fights Montreal's Georges St-Pierre at this Saturday night's UFC 167. GETTY IMAGES

The two fighters have been at odds over drug testing with St-Pierre asking Hendricks to sign up for the Voluntary Anti-Doping Association, a Nevada-based non-profit outfit that runs drug-screening programs for athletes, in addition to the normal tests conducted by the Nevada State Athletic Commission.

The Hendricks camp eventually declined, explaining that they would be at disadvantage because St-Pierre had a relationship with VADA that included being featured on their website. And that the Nevada commission told him not to go with VADA. THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	18	13	5	0	56	43	26
Boston	17	11	5	1	48	30	23
Detroit	19	9	5	5	47	51	23
Toronto	17	11	6	0	51	40	22
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	17	11	6	0	50	40	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	19	7	9	3	54	61	17
Philadelphia	17	6	10	1	31	44	13
Columbus	17	6	10	1	44	50	13

Wednesday's results
Toronto at Minnesota
Philadelphia at Pittsburgh
Dallas at Edmonton

Tuesday's results
Buffalo 3 Los Angeles 2 (SO)
Carolina 2 Colorado 1
NY Islanders 3 Nashville 1
Washington 4 Columbus 3 (OT)
New Jersey 3 NY Rangers 2
Winnipeg 3 Detroit 2 (SO)
Florida 3 Anaheim 2
Philadelphia 5 Ottawa 0
Tampa Bay 2 Montreal 1 (SO)
Phoenix 3 St. Louis 2 (OT)
San Jose 3 Calgary 2 (OT)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
St. Louis	16	11	2	3	54	37	25
Minnesota	18	10	4	4	48	40	24
Winnipeg	20	9	9	2	53	57	20
Dallas	17	8	7	2	46	52	18
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	4	1	68	48	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Vancouver	20	11	7	2	54	54	24
Los Angeles	18	11	6	1	52	44	23
Calgary	18	6	9	3	49	64	15
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Thursday's games — All Times Eastern
Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.

Friday's games
Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)
Saturday, Nov. 23 — All times Eastern
Houston at Kansas City, 7:30 p.m.
Sunday, Nov. 24
Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7
East champion vs. West champion, 4 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan
Sunday, Nov. 24
East champion vs. West champion, 6 p.m.

NFL

Thursday's game — All times Eastern
Indianapolis at Tennessee, 8:25 p.m.

Sunday's games
Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.

Monday, Nov. 18
New England at Carolina, 8:40 p.m.

NBA

Wednesday's results
Philadelphia 123 Houston 117
Orlando 94 Milwaukee 91
Charlotte 89 Boston 83
Toronto at Memphis, 8 p.m.
Minnesota 124 Cleveland 95
New York at Atlanta
Washington at San Antonio
L.A. Lakers at Denver
New Orleans at Utah
Brooklyn at Sacramento
Phoenix at Portland
Oklahoma City at L.A. Clippers

Tuesday's results
Miami 118 Milwaukee 95
Dallas 105 Washington 95
Golden State 113 Detroit 95
L.A. Lakers 116 New Orleans 95

Thursday's games
Houston at New York, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.

Friday's games
Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

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Horoscopes

Aries
March 21 - April 20
You won't hesitate to criticize today if you believe that someone is behaving in a way that is unfair. Like your opposite sign of Libra you have a finely tuned sense of justice

Taurus
April 21 - May 21
One little thing you do today could change a thousand things over the course of the next few months, so think carefully about ways you can make a difference and then act decisively.

Gemini
May 22 - June 21
There is no reason at all why you should not be taking risks that can benefit you personally.

Cancer
June 22 - July 23
Times may be tough but you are tough enough to face them and make something good of them.

Leo
July 24 - Aug. 23
Try not to give loved ones the impression that you don't care what they are up to. It may only be an act on your part but if they feel you have no interest in what they are doing it will dampen their enthusiasm. Back them up.

Virgo
Aug. 24 - Sept. 23
There is no point making threats or promises because they simply won't work – and the reason they won't work is because you have made them before and done nothing. It seems like your credibility needs a bit of work.

Libra
Sept. 24 - Oct. 23
Get out into the world and have some fun. Whatever your troubles may be at the moment you won't make them better by worrying.

Scorpio
Oct. 24 - Nov. 22
Whatever else you do today don't keep score. Life is not a contest to be won or lost but a game to be enjoyed and the planets indicate you will enjoy it so much more if you loosen up and forget about the rules for a while.

Sagittarius
Nov. 23 - Dec. 21
You may want to help a friend in need but you also realize that they must learn from their own mistakes.

Capricorn
Dec. 22 - Jan. 20
The future is not something you should be looking forward to and planning for – the future is here and now.

Aquarius
Jan. 21 - Feb. 19
You can go where you want to go and do what you want to do – no one will stop you – but before you pack your bags and head for the horizon you must take care of an unresolved relationship issue. A simple "sorry" should be enough.

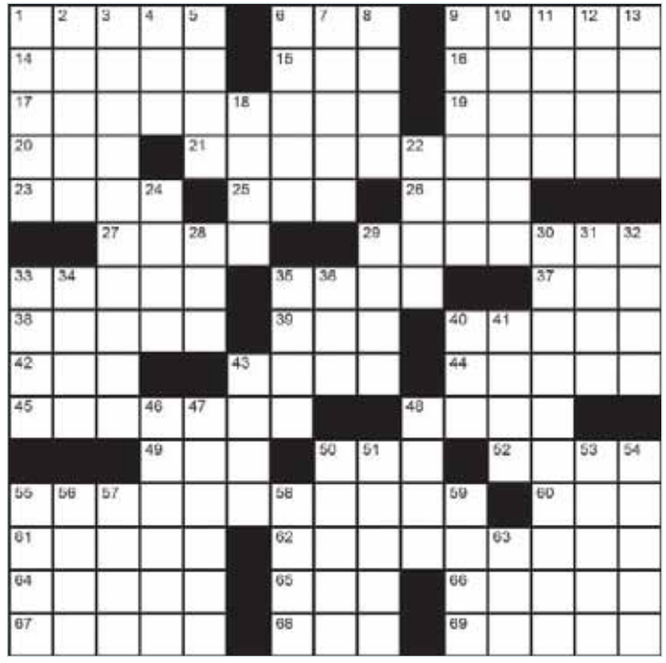
Pisces
Feb. 20 - March 20
If a friend has let you down you don't have to make an issue of it. According to the planets they did not do it on purpose and are actually quite embarrassed, so let it go and let them make it up to you in their own way and time.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. "The __ Mutiny" (1954)
6. Conned
9. Scale
14. British car, __ Martin
15. Poet's 'previously'
16. Golden '60s song, for example
17. Canadian-invented Trivial Pursuit, for one: 2 wds.
19. Wheezing noises
20. Prince Valiant's son
21. Nature government agency, __ Canada
23. Info given secretly to the press
25. 'Yes' on a yacht
26. Pastureland
27. Dryer's fluff
29. New __, Nova Scotia
33. In a bashful way
35. Scuffle
37. Fair-hiring letters
38. Urgency
39. Fireplace fixture
40. Breath whilst laughing
42. Keyboard key
43. Stitches
44. Places at a slant
45. Badgley __ (American fashion design duo)
48. Jason's craft
49. French for 'Goose'
50. Corny place
52. Elevs.
55. Bird found across Canada listed as 'threatened' on the Species at Risk Public Registry: 2 wds.
60. Smashing Pumpkins co-founder, James __
61. Horseback rider's straps
62. Natural __ Canada
64. Bandleader Mr. Shaw
65. Big Apple toy store, _ _ _ Schwarz
66. Glides like a bird
67. Slept a bit
68. RR depot
69. Alvin __ American Dance Theater

Down
1. Secretly conspiring group
2. "Oh, don't be _ __ loser!"
3. Pros in a Computer Dept., _ _ __
4. Neither's partner
5. The Neverending Story author, Michael __
6. Music genre, with Metal
7. Hollywood's Mr. Hammer
8. Red __, Alberta
9. Eye part
10. Andean animals
11. Still
12. Demeanor
13. Trump
18. Bug variety
22. Brit singer Mr. Murs
24. Bagpiper's outfit piece
28. 'The Science Guy', Bill __
29. Practical jokes
30. __ Survey of Canada
31. Astronomy's __ cloud
32. Soaks
33. Decorative pillow cover
34. Nickname of Nova Scotia's cap.
35. Bandmate to Anthony Kiedis
36. Make the kayak move
40. Gibraltar, e.g.
41. Near, fancy-style
43. Misrepresent
46. Ms. Nielsen of "Gladiator" (2000)
47. Showed disapproval as a cat
48. Peek-_-__!
50. Sports shoe's slip stopper
51. Elisabeth Moss' role on "Mad Men", Peggy __
53. "Ta-da!"
54. Flip
55. Mr. Pitt
56. Bubbly bar
57. Glamour
58. Pet store sounds!
59. 1970 Paul Newman movie about a radio station
63. French sovereign

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	1					7	
7					3		2	
8			5		7	9		
	1			4		8		3
5		3		6			1	
		4	7		2			1
	2		6					9
	7					6	3	

Yesterday's Sudoku

3	9	4	1	2	5	7	6	8
6	8	2	9	3	7	1	4	5
7	1	5	4	8	6	2	9	3
8	3	1	5	7	9	6	2	4
4	7	9	2	6	8	5	3	1
2	5	6	3	4	1	8	7	9
9	2	8	7	1	3	4	5	6
5	6	7	8	9	4	3	1	2
1	4	3	6	5	2	9	8	7

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